

## 2024 Pacific Masters Swimming LC Championship - 8/2/2024 to 8/4/2024

## Results

**Women 18-24 50 LC Meter Freestyle**

NATL: 25.72 N 6/19/2021 ALY TETZLOFF  
 PAC: 26.75 P 8/8/2015 Caitlin DeNise

1	Teng, Cathy	24	Marcia's Enthusi-38	28.04
2	O'Brien, Maeve	20	Rolling Hills Mu-38	31.48
3	Schwarzkopf, Sigrid	23	Jellies Aquatic-38	33.68
4	Conley, Merete	22	Monterey Bay Mas-38	36.16

**Women 18-24 100 LC Meter Freestyle**

NATL: 56.08 N 6/17/2021 ALY TETZLOFF  
 PAC: 57.05 P 6/30/2016 Elizabeth Pelton

1	Teng, Cathy	24	Marcia's Enthusi-38	1:02.38
2	Magno, Lauryn	24	University of Sa-38	1:09.68
3	Schwarzkopf, Sigrid	23	Jellies Aquatic-38	1:14.96
4	Conley, Merete	22	Monterey Bay Mas-38	1:18.09

**Women 18-24 200 LC Meter Freestyle**

NATL: 2:03.06 N 8/17/2003 JESSICA FOSCHI  
 PAC: 2:02.36 P 6/28/2016 Elizabeth Pelton

1	Teng, Cathy	24	Marcia's Enthusi-38	2:19.47
2	Karp, Juliana	21	University of Sa-38	2:32.85
3	Mi, Jessica	24	University of Sa-38	2:34.30

**Women 18-24 800 LC Meter Freestyle**

NATL: 9:11.32 N 8/9/2013 LUANE ROWE  
 PAC: 9:11.32 P 8/7/2013 Luane Rowe

1	Conley, Merete	22	Monterey Bay Mas-38	12:14.71
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**Women 18-24 50 LC Meter Backstroke**

NATL: 30.77 N 7/9/2022 ADELYN DIAZ  
 PAC: 31.29 P 8/2/2018 Kali L Conlon

1	O'Brien, Maeve	20	Rolling Hills Mu-38	37.86
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**Women 18-24 100 LC Meter Backstroke**

NATL: 1:04.67 N 7/20/2012 JENNY VON JOUANNE  
 PAC: 1:01.73 P 6/27/2016 Elizabeth Pelton

1	Karp, Juliana	21	University of Sa-38	1:24.87
2	Mi, Jessica	24	University of Sa-38	1:26.58

**Women 18-24 200 LC Meter Backstroke**

NATL: 2:19.70 N 8/20/2000 S SCHWEITZER  
 PAC: 2:15.69 P 7/1/2016 Elizabeth Pelton

1	Schwarzkopf, Sigrid	23	Jellies Aquatic-38	2:59.99
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**Women 18-24 50 LC Meter Breaststroke**

NATL: 32.92 N 8/1/2015 LAUREN GREENBERG  
 PAC: 34.44 P 8/9/2019 Heaven Quintana

1	Gill, Alexandra	24	University of Sa-38	35.28
2	Karp, Juliana	21	University of Sa-38	41.26

**Women 18-24 100 LC Meter Breaststroke**

NATL: 1:10.32 N 7/30/2011 BREEJA LARSON  
 PAC: 1:15.12 P 7/12/2013 Danae Petrakis

1	Magno, Lauryn	24	University of Sa-38	1:40.35
2	Conley, Merete	22	Monterey Bay Mas-38	1:44.82

**Women 18-24 200 LC Meter Breaststroke**

NATL: 2:35.23 N 4/22/2023 CAROLINE THEIL  
 PAC: 2:44.25 P 12/31/2006 Laura M Davis

1	Karp, Juliana	21	University of Sa-38	3:15.07
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**Women 18-24 50 LC Meter Butterfly**

NATL: 27.83 N 8/4/2022 ALICIA CARDIE  
 PAC: 28.62 P 12/31/2009 Meg Gill

1	Gill, Alexandra	24	University of Sa-38	29.90
2	Teng, Cathy	24	Marcia's Enthusi-38	30.84
3	Mi, Jessica	24	University of Sa-38	33.54
4	O'Brien, Maeve	20	Rolling Hills Mu-38	34.88
5	Karp, Juliana	21	University of Sa-38	34.97

**Women 18-24 100 LC Meter Butterfly**

NATL: 58.21 N 6/13/2021 ALY TETZLOFF  
 PAC: 1:01.04 P 7/6/2008 Laura M Davis

1	Teng, Cathy	24	Marcia's Enthusi-38	1:09.15
2	Schwarzkopf, Sigrid	23	Jellies Aquatic-38	1:21.92

**Women 18-24 200 LC Meter IM**

NATL: 2:16.06 N 7/1/2008 LAURA DAVIS  
 PAC: 2:16.06 P 7/6/2008 Laura M Davis

1	Teng, Cathy	24	Marcia's Enthusi-38	2:40.08
2	Karp, Juliana	21	University of Sa-38	2:53.30
3	Mi, Jessica	24	University of Sa-38	3:02.98

**Women 25-29 50 LC Meter Freestyle**

NATL: 24.83 N 8/10/2014 MADISON KENNEDY  
 WORLD: 25.42 W 2/15/2004 Annabel KOSTEN  
 PAC: 26.64 P 8/9/2015 Marie A Ballenger

1	Siebrand, Cynthia	28	North Bay Aquati-38	28.40
2	Buell, Sierra	25	California Capit-38	29.97
3	Kroetz, Brigitte	29	Rolling Hills Mu-38	30.23
4	Wagner, Emma	25	University of Sa-38	31.28
5	Nguyen, Salena	26	University of Sa-38	33.59

**Women 25-29 100 LC Meter Freestyle**

NATL: 54.72 N 8/6/2014 MADISON KENNEDY  
 WORLD: 56.96 W 8/11/2015 Emma GAGE  
 PAC: 58.34 P 12/31/1989 Sara Shand

1	Siebrand, Cynthia	28	North Bay Aquati-38	1:03.32
2	Buell, Sierra	25	California Capit-38	1:05.03
3	Kroetz, Brigitte	29	Rolling Hills Mu-38	1:06.58
4	Larsen, Amy	25	Walnut Creek Mas-38	1:08.63
5	Greco, Sophia	25	University of Sa-38	1:11.18
6	Garrett, Hope	28	Richmond Plunge-38	1:11.21
7	Wagner, Emma	25	University of Sa-38	1:11.54
8	Nguyen, Salena	26	University of Sa-38	1:14.44
9	Sand, Cassie	26	East Bay Bat Ray-38	1:16.18
10	Silva, Rayle	28	Marin Aquatic Ma-38	1:21.12
11	Woo, Emily	29	Marcia's Enthusi-38	1:22.47
12	Polanco-Jimenez, Karina	29	North Bay Aquati-38	1:35.64

**Women 25-29 200 LC Meter Freestyle Splits**

NATL: 2:02.06 N 12/2/1995 SHEILA TAORMINA  
 WORLD: 2:04.56 W 7/10/2010 Megan JENDRICK  
 PAC: 2:07.11 P 12/31/1989 Sara Shand

1	Woo, Emily	29	Marcia's Enthusi-38	3:08.87
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**Women 25-29 200 LC Meter Freestyle**

NATL: 2:02.06 N 12/2/1995 SHEILA TAORMINA  
 WORLD: 2:04.56 W 7/10/2010 Megan JENDRICK  
 PAC: 2:07.11 P 12/31/1989 Sara Shand

1	Orbach-Mandel, Hannah	27	University of Sa-38	2:14.00
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## 2024 Pacific Masters Swimming LC Championship - 8/2/2024 to 8/4/2024

## Results

**(Women 25-29 200 LC Meter Freestyle)**

2	Orbach-Mandel, Natalia	25	University of Sa-38	2:15.93
3	Blankley, Stephanie	26	University of Sa-38	2:24.52
4	Buell, Sierra	25	California Capit-38	2:25.42
5	Greenberg, Nicole	25	University of Sa-38	2:29.88
6	Wagner, Emma	25	University of Sa-38	2:36.21
7	Polanco-Jimenez, Karina	29	North Bay Aquati-38	3:06.11
8	Valencia, Juliana	26	Marcia's Enthusi-38	4:03.00

**Women 25-29 400 LC Meter Freestyle**

**NATL:** 4:13.03 N 12/2/1995 **SHEILA TAORMINA**  
**WORLD:** 4:18.62 W 6/18/2011 **Sophie CASSON**  
**PAC:** 4:23.62 P 7/31/2022 **Catherine Breed**

1	Blankley, Stephanie	26	University of Sa-38	5:06.44
2	Woo, Emily	29	Marcia's Enthusi-38	6:19.66
3	Polanco-Jimenez, Karina	29	North Bay Aquati-38	6:39.59
4	Valencia, Juliana	26	Marcia's Enthusi-38	8:24.50

**Women 25-29 800 LC Meter Freestyle**

**NATL:** 8:47.44 N 7/19/2001 **RACHEL KOMISARZ**  
**WORLD:** 8:45.89 W 3/10/2012 **Swann OBERSON**  
**PAC:** 9:18.43 P 12/31/1989 **Sara Shand**

1	Crow, Vivian	27	Davis Aquatic Ma-38	11:10.21
2	Woo, Emily	29	Marcia's Enthusi-38	13:18.28
3	Silva, Rayle	28	Marin Aquatic Ma-38	13:59.67

**Women 25-29 1500 LC Meter Freestyle**

**NATL:** 16:39.77 N 7/19/2001 **RACHEL KOMISARZ**  
**WORLD:** 16:34.89 W 3/11/2012 **Swann OBERSON**  
**PAC:** 17:41.64 P 12/31/2004 **Linda Gallo**

1	Crow, Vivian	27	Davis Aquatic Ma-38	21:25.33
2	Silva, Rayle	28	Marin Aquatic Ma-38	26:49.74
3	Polanco-Jimenez, Karina	29	North Bay Aquati-38	26:55.80

**Women 25-29 50 LC Meter Backstroke**

**NATL:** 28.39 N 8/2/2018 **EMI MORONUKI**  
**WORLD:** 28.39 W 8/2/2018 **Emi MORONUKI**  
**PAC:** 31.10 P 4/24/2017 **Anna K Senko**

1	Wagner, Emma	25	University of Sa-38	35.92
2	Greco, Sophia	25	University of Sa-38	36.01
3	Kroetz, Brigitte	29	Rolling Hills Mu-38	38.28
4	Nguyen, Salena	26	University of Sa-38	39.92
5	Silva, Rayle	28	Marin Aquatic Ma-38	43.56
6	Sand, Cassie	26	East Bay Bat Ray-38	43.66

**Women 25-29 50 LC Meter Backstroke Splits**

**NATL:** 28.39 N 8/2/2018 **EMI MORONUKI**  
**WORLD:** 28.39 W 8/2/2018 **Emi MORONUKI**  
**PAC:** 31.10 P 4/24/2017 **Anna K Senko**

3	Woo, Emily	29	Marcia's Enthusi-38	47.88
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**Women 25-29 100 LC Meter Backstroke**

**NATL:** 1:01.60 N 7/31/2018 **EMI MORONUKI**  
**WORLD:** 1:01.60 W 7/31/2018 **Emi MORONUKI**  
**PAC:** 1:06.85 P 4/23/2017 **Anna K Senko**

1	Siebrand, Cynthia	28	North Bay Aquati-38	1:11.27
2	Orbach-Mandel, Natalia	25	University of Sa-38	1:16.49
3	Wagner, Emma	25	University of Sa-38	1:18.45
4	Orbach-Mandel, Hannah	27	University of Sa-38	1:18.64
5	Greco, Sophia	25	University of Sa-38	1:19.02

6	Aguilera, Catherine	25	Marin Aquatic Ma-38	1:25.54
7	Larsen, Amy	25	Walnut Creek Mas-38	1:26.26
---	Garrett, Hope	28	Richmond Plunge-38	DQ
---	Greenberg, Nicole	25	University of Sa-38	DQ

**Women 25-29 200 LC Meter Backstroke**

**NATL:** 2:13.19 N 7/30/2018 **EMI MORONUKI**  
**WORLD:** 2:13.19 W 7/30/2018 **Emi MORONUKI**  
**PAC:** 2:26.62 P 12/31/1994 **Martie McKinney**

1	Crow, Vivian	27	Davis Aquatic Ma-38	2:49.72
2	Greco, Sophia	25	University of Sa-38	2:52.92
3	Larsen, Amy	25	Walnut Creek Mas-38	3:02.41

**Women 25-29 50 LC Meter Breaststroke**

**NATL:** 30.82 N 6/27/2016 **KATIE MEILI**  
**WORLD:** 31.60 W 7/10/2010 **Megan JENDRICK**  
**PAC:** 33.39 P 8/9/2014 **Marie A Ballenger**

1	Siebrand, Cynthia	28	North Bay Aquati-38	38.51
2	Greenberg, Nicole	25	University of Sa-38	41.92
3	Kroetz, Brigitte	29	Rolling Hills Mu-38	43.86

**Women 25-29 100 LC Meter Breaststroke**

**NATL:** 1:06.07 N 6/28/2016 **KATIE MEILI**  
**WORLD:** 1:10.56 W 7/10/2010 **Megan JENDRICK**  
**PAC:** 1:13.69 P 6/7/2021 **Claire Beaty**

1	Buell, Sierra	25	California Capit-38	1:22.37
2	Crow, Vivian	27	Davis Aquatic Ma-38	1:29.40
3	Larsen, Amy	25	Walnut Creek Mas-38	1:32.03
4	Woo, Emily	29	Marcia's Enthusi-38	1:40.76
5	Nguyen, Salena	26	University of Sa-38	1:41.21
6	Silva, Rayle	28	Marin Aquatic Ma-38	1:48.32

**Women 25-29 200 LC Meter Breaststroke**

**NATL:** 2:29.90 N 6/26/2013 **JUSTINE MUELLER**  
**WORLD:** 2:32.35 W 6/24/2023 **Irina SHVAEVA**  
**PAC:** 2:39.32 P 6/7/2021 **Claire Beaty**

1	Buell, Sierra	25	California Capit-38	3:03.56
2	Crow, Vivian	27	Davis Aquatic Ma-38	3:09.38
3	Woo, Emily	29	Marcia's Enthusi-38	3:34.39

**Women 25-29 50 LC Meter Butterfly**

**NATL:** 26.78 N 8/4/2022 **AI SOMA**  
**WORLD:** 26.32 W 6/16/2019 **Masako KUROKI**  
**PAC:** 28.82 P 12/31/1992 **Anna Pettis-Scott**

1	Siebrand, Cynthia	28	North Bay Aquati-38	30.08
2	Orbach-Mandel, Hannah	27	University of Sa-38	30.45
3	Orbach-Mandel, Natalia	25	University of Sa-38	33.30
4	Garrett, Hope	28	Richmond Plunge-38	33.54
*5	Kroetz, Brigitte	29	Rolling Hills Mu-38	33.99
*5	Wagner, Emma	25	University of Sa-38	33.99
7	Greco, Sophia	25	University of Sa-38	34.19
8	Greenberg, Nicole	25	University of Sa-38	35.64
9	Aguilera, Catherine	25	Marin Aquatic Ma-38	39.96
10	Arteaga, Daniela	25	Richmond Plunge-38	44.22

**Women 25-29 100 LC Meter Butterfly**

**NATL:** 59.74 N 8/4/2017 **HANNAH SAIZ**  
**WORLD:** 59.99 W 8/13/2015 **Anna POLIAKOVA**  
**PAC:** 1:02.40 P 4/26/2017 **Anna K Senko**

1	Siebrand, Cynthia	28	North Bay Aquati-38	1:10.66
2	Garrett, Hope	28	Richmond Plunge-38	1:15.59

## 2024 Pacific Masters Swimming LC Championship - 8/2/2024 to 8/4/2024

## Results

**(Women 25-29 100 LC Meter Butterfly)**

3	Nguyen, Salena	26	University of Sa-38	1:21.32
4	Arteaga, Daniela	25	Richmond Plunge-38	1:33.87

**Women 25-29 200 LC Meter Butterfly**

**NATL:** 2:10.83 N 6/27/2017 **HANNAH SAIZ**  
**WORLD:** 2:15.02 W 5/20/2017 **Hannah SAIZ**  
**PAC:** 2:24.36 P 12/31/1989 **Sara Shand**

1	Larsen, Amy	25	Walnut Creek Mas-38	2:52.39
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**Women 25-29 200 LC Meter IM**

**NATL:** 2:14.03 N 6/29/2013 **JUSTINE MUELLER**  
**WORLD:** 2:20.71 W 10/2/2005 **Hitomi MATSUDA**  
**PAC:** 2:21.98 P 12/31/2005 **Allison Wagner**

1	Larsen, Amy	25	Walnut Creek Mas-38	2:50.76
2	Kroetz, Brigitte	29	Rolling Hills Mu-38	2:53.14
3	Greenberg, Nicole	25	University of Sa-38	2:55.87
4	Greco, Sophia	25	University of Sa-38	2:58.66
5	Woo, Emily	29	Marcia's Enthusi-38	3:12.79
6	Silva, Rayle	28	Marin Aquatic Ma-38	3:39.38
7	Valencia, Juliana	26	Marcia's Enthusi-38	4:11.02

**Women 30-34 50 LC Meter Freestyle Splits**

**NATL:** 25.57 N 8/8/2009 **ERIKA ERNDL**  
**WORLD:** 25.74 W 6/6/2008 **Martina MORAVCOVA**  
**PAC:** 26.16 P 6/18/2016 **Marie A Ballenger**

2	Wilson, Kristin	32	Marcia's Enthusi-38	33.54
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**Women 30-34 50 LC Meter Freestyle**

**NATL:** 25.57 N 8/8/2009 **ERIKA ERNDL**  
**WORLD:** 25.74 W 6/6/2008 **Martina MORAVCOVA**  
**PAC:** 26.16 P 6/18/2016 **Marie A Ballenger**

1	Skoda, Anette	33	UC38	29.77
2	Hwang, Jenn	32	Walnut Creek Mas-38	30.53
3	Krovetz, Hannah	30	University of Sa-38	31.57
4	De Barros, Carolina	34	Richmond Plunge-38	31.85
5	DiBartolomeo, Renae	34	University of Sa-38	31.92
6	McCarthy, Alexandra	32	University of Sa-38	32.81
7	Ming, Anna	30	University of Sa-38	35.75

**Women 30-34 100 LC Meter Freestyle**

**NATL:** 54.59 N 8/5/2009 **ERIKA ERNDL**  
**WORLD:** 55.24 W 7/11/2009 **Erika ERNDL**  
**PAC:** 59.60 P 8/6/2023 **Courtney A Monsee**

1	Skoda, Anette	33	UC38	1:07.83
2	Hwang, Jenn	32	Walnut Creek Mas-38	1:08.09
3	De Barros, Carolina	34	Richmond Plunge-38	1:10.29
4	McCarthy, Alexandra	32	University of Sa-38	1:13.01
5	Ming, Anna	30	University of Sa-38	1:21.19
6	Kallenberger, Marisa	30	University of Sa-38	1:30.61

**Women 30-34 200 LC Meter Freestyle**

**NATL:** 1:58.92 N 8/7/2009 **ERIKA ERNDL**  
**WORLD:** 2:02.35 W 8/14/2019 **N.JUNKRAJANG**  
**PAC:** 2:10.99 P 6/18/1994 **Susan Porter**

1	Arnold, Megan	34	Manatee Aquatic-38	2:43.00
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**Women 30-34 200 LC Meter Freestyle Splits**

**NATL:** 1:58.92 N 8/7/2009 **ERIKA ERNDL**  
**WORLD:** 2:02.35 W 8/14/2019 **N.JUNKRAJANG**  
**PAC:** 2:10.99 P 6/18/1994 **Susan Porter**

1	Hwang, Jenn	32	Walnut Creek Mas-38	2:41.91
2	McBride, Beth	34	Marcia's Enthusi-38	2:58.33

**Women 30-34 400 LC Meter Freestyle Splits**

**NATL:** 4:17.52 N 8/3/2010 **DAWN HECKMAN**  
**WORLD:** 4:18.63 W 7/16/2011 **Dawn HECKMAN**  
**PAC:** 4:31.93 P 12/31/1994 **Susan Porter**

1	McBride, Beth	34	Marcia's Enthusi-38	6:18.41
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**Women 30-34 400 LC Meter Freestyle**

**NATL:** 4:17.52 N 8/3/2010 **DAWN HECKMAN**  
**WORLD:** 4:18.63 W 7/16/2011 **Dawn HECKMAN**  
**PAC:** 4:31.93 P 12/31/1994 **Susan Porter**

1	Hwang, Jenn	32	Walnut Creek Mas-38	5:38.65
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**Women 30-34 800 LC Meter Freestyle**

**NATL:** 8:46.22 N 5/30/2010 **DAWN HECKMAN**  
**WORLD:** 8:46.47 W 7/14/2011 **Dawn HECKMAN**  
**PAC:** 9:07.46 P 12/31/2009 **Heidi S George**

1	Alter, Anne	33	University of Sa-38	11:05.43
2	McBride, Beth	34	Marcia's Enthusi-38	12:09.76

**Women 30-34 1500 LC Meter Freestyle**

**NATL:** 17:07.54 N 4/25/2010 **DAWN HECKMAN**  
**WORLD:** 17:20.55 W 6/16/2017 **Sophie CASSON**  
**PAC:** 17:11.25 P 12/31/2009 **Heidi S George**

1	De Barros, Carolina	34	Richmond Plunge-38	22:51.51
2	McBride, Beth	34	Marcia's Enthusi-38	23:39.91

**Women 30-34 50 LC Meter Backstroke**

**NATL:** 28.57 N 7/8/2012 **NORIKO INADA**  
**WORLD:** 28.57 W 8/7/2012 **Noriko INADA**  
**PAC:** 30.98 P 7/30/2022 **Lauren T Breuer**

1	Skoda, Anette	33	UC38	35.18
2	Krovetz, Hannah	30	University of Sa-38	36.42
3	DiBartolomeo, Renae	34	University of Sa-38	36.65
4	Ferroggiaro, Alex	33	University of Sa-38	37.43
5	Ming, Anna	30	University of Sa-38	41.94
6	McBride, Beth	34	Marcia's Enthusi-38	44.20
7	Kallenberger, Marisa	30	University of Sa-38	48.98

**Women 30-34 100 LC Meter Backstroke Splits**

**NATL:** 1:01.78 N 8/6/2011 **NORIKO INADA**  
**WORLD:** 1:01.78 W 8/6/2011 **Noriko INADA**  
**PAC:** 1:03.78 P 12/31/2009 **Sarabeth Metzger**

1	Wilson, Kristin	32	Marcia's Enthusi-38	1:34.15
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**Women 30-34 100 LC Meter Backstroke**

**NATL:** 1:01.78 N 8/6/2011 **NORIKO INADA**  
**WORLD:** 1:01.78 W 8/6/2011 **Noriko INADA**  
**PAC:** 1:03.78 P 12/31/2009 **Sarabeth Metzger**

1	Doi, Stephanie	30	University of Sa-38	1:16.39
2	Ferroggiaro, Alex	33	University of Sa-38	1:23.35

## 2024 Pacific Masters Swimming LC Championship - 8/2/2024 to 8/4/2024

## Results

**Women 30-34 200 LC Meter Backstroke**

NATL: 2:17.61 N 8/6/2009 SARABETH METZGER  
 WORLD: 2:17.61 W 8/6/2009 Sarabeth METZGER  
 PAC: 2:17.61 P 12/31/2009 Sarabeth Metzger

1	Alter, Anne	33	University of Sa-38	2:45.32
2	Krovetz, Hannah	30	University of Sa-38	2:53.09
3	McBride, Beth	34	Marcia's Enthusi-38	3:18.33

**Women 30-34 50 LC Meter Breaststroke**

NATL: 31.76 N 7/17/2021 DANIELLE HERRMANN  
 WORLD: 32.22 W 9/3/2013 Nicole HEIDEMANN  
 PAC: 34.84 P 8/3/2018 Kathleen E McGraw

1	DiBartolomeo, Renae	34	University of Sa-38	38.86
2	Doi, Stephanie	30	University of Sa-38	39.73
3	Knell, Lissi	30	Manatee Aquatic-38	40.52
4	McCarthy, Alexandra	32	University of Sa-38	43.43
5	Walecka, Sallie	31	University of Sa-38	45.77
6	Oehler, Stephanie	32	University of Sa-38	46.32

**Women 30-34 100 LC Meter Breaststroke**

NATL: 1:10.18 N 6/12/2021 DANIELLE HERRMANN  
 WORLD: 1:10.10 W 10/3/2009 Hitomi MATSUDA  
 PAC: 1:16.71 P 8/5/2017 Katy Houston

1	DiBartolomeo, Renae	34	University of Sa-38	1:25.14
2	Skoda, Anette	33	UC38	1:26.61
3	Hwang, Jenn	32	Walnut Creek Mas-38	1:31.75
4	McCarthy, Alexandra	32	University of Sa-38	1:35.41
5	McBride, Beth	34	Marcia's Enthusi-38	1:50.84

**Women 30-34 200 LC Meter Breaststroke**

NATL: 2:38.90 N 7/23/2017 MARISSA CLAPP  
 WORLD: 2:28.93 W 10/17/2009 Hitomi MATSUDA  
 PAC: 2:43.26 P 4/27/2017 Katy Houston

1	DiBartolomeo, Renae	34	University of Sa-38	3:15.11
2	McCarthy, Alexandra	32	University of Sa-38	3:29.90
3	Oehler, Stephanie	32	University of Sa-38	3:44.76

**Women 30-34 50 LC Meter Butterfly**

NATL: 27.48 N 6/7/2008 MARTINA MORAVCOVA  
 WORLD: 27.48 W 6/7/2008 Martina MORAVCOVA  
 PAC: 29.27 P 3/8/2020 Marie A Ballenger

1	Doi, Stephanie	30	University of Sa-38	30.65
2	Hwang, Jenn	32	Walnut Creek Mas-38	33.82
3	Arnold, Megan	34	Manatee Aquatic-38	35.40
4	Knell, Lissi	30	Manatee Aquatic-38	36.49

**Women 30-34 100 LC Meter Butterfly**

NATL: 58.81 N 6/7/2008 MARTINA MORAVCOVA  
 WORLD: 58.81 W 6/7/2008 Martina MORAVCOVA  
 PAC: 1:04.67 P 12/31/2009 Sarabeth Metzger

1	Petrakis, Danae	32	University of Sa-38	1:13.70
2	Alter, Anne	33	University of Sa-38	1:17.96
3	Ferroggiaro, Alex	33	University of Sa-38	1:21.27

**Women 30-34 200 LC Meter IM**

NATL: 2:13.72 N 8/8/2009 ERIKA ERNDL  
 WORLD: 2:13.89 W 7/7/2009 Erika ERNDL  
 PAC: 2:23.50 P 12/31/2009 Sarabeth Metzger

1	Doi, Stephanie	30	University of Sa-38	2:42.97
2	DiBartolomeo, Renae	34	University of Sa-38	2:52.13

3	Hwang, Jenn	32	Walnut Creek Mas-38	2:53.52
4	Ferroggiaro, Alex	33	University of Sa-38	2:59.62
5	Akimoto, Reiko	32	Manatee Aquatic-38	3:00.34
6	McCarthy, Alexandra	32	University of Sa-38	3:05.15
7	Oehler, Stephanie	32	University of Sa-38	3:23.52

**Women 30-34 400 LC Meter IM**

NATL: 4:47.06 N 6/29/2008 ERIKA ERNDL  
 WORLD: 4:56.08 W 11/8/2009 Hitomi MATSUDA  
 PAC: 5:13.97 P 12/31/1994 Susan Porter

1	De Barros, Carolina	34	Richmond Plunge-38	6:33.73
2	McBride, Beth	34	Marcia's Enthusi-38	7:00.67

**Women 35-39 50 LC Meter Freestyle**

NATL: 25.52 N 6/29/2013 ERIKA ERNDL  
 WORLD: 25.98 W 8/8/2006 Dara TORRES  
 PAC: 26.89 P 12/31/1993 Sandy Neilson-Bel

1	Ballenger, Marie	38	The Olympic Club-38	29.39
2	Greer, Margaret	36	East Bay Bat Ray-38	31.46
3	Chien, Regina	38	Marcia's Enthusi-38	40.12
4	Pinkston, Crystal	39	Marin Aquatic Ma-38	40.77
5	Dede, Elif	38	University of Sa-38	54.70

**Women 35-39 100 LC Meter Freestyle**

NATL: 55.17 N 6/25/2013 ERIKA ERNDL  
 WORLD: 57.38 W 12/1/2022 Veronica BALSANO  
 PAC: 1:00.31 P 12/31/2002 Laureen K Welting

1	Ballenger, Marie	38	The Olympic Club-38	1:04.65
2	Pinkston, Crystal	39	Marin Aquatic Ma-38	1:30.84

**Women 35-39 200 LC Meter Freestyle**

NATL: 2:00.04 N 6/26/2013 ERIKA ERNDL  
 WORLD: 2:05.50 W 12/2/2022 Veronica BALSANO  
 PAC: 2:10.28 P 12/31/1999 Jill S Hernandez

1	Allen, Robyn	39	Central Alabama-15	2:30.27
2	Pinkston, Crystal	39	Marin Aquatic Ma-38	3:21.03

**Women 35-39 400 LC Meter Freestyle**

NATL: 4:16.19 N 6/1/2012 DAWN HECKMAN  
 WORLD: 4:26.17 W 8/10/1997 K.PIPES-NEILSEN  
 PAC: 4:37.34 P 12/31/1999 Jill S Hernandez

1	Pinkston, Crystal	39	Marin Aquatic Ma-38	7:15.20
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**Women 35-39 800 LC Meter Freestyle Splits**

NATL: 8:47.28 N 6/3/2012 DAWN HECKMAN  
 WORLD: 9:08.47 W 11/18/2012 Kirsten CAMERON  
 PAC: 9:29.55 P 12/31/1999 Jill S Hernandez

1	Adams, Lindsey	35	Richmond Plunge-38	16:40.07
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**Women 35-39 800 LC Meter Freestyle**

NATL: 8:47.28 N 6/3/2012 DAWN HECKMAN  
 WORLD: 9:08.47 W 11/18/2012 Kirsten CAMERON  
 PAC: 9:29.55 P 12/31/1999 Jill S Hernandez

1	Allen, Robyn	39	Central Alabama-15	11:14.56
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**Women 35-39 1500 LC Meter Freestyle**

NATL: 17:17.22 N 8/6/2015 HEIDI GEORGE  
 WORLD: 17:17.22 W 8/6/2015 Heidi GEORGE  
 PAC: 17:17.22 P 8/6/2015 Heidi S George

1	Adams, Lindsey	35	Richmond Plunge-38	31:29.30
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## 2024 Pacific Masters Swimming LC Championship - 8/2/2024 to 8/4/2024

## Results

**Women 35-39 50 LC Meter Backstroke**

NATL: 28.63 N 8/18/2016 NORIKO INADA  
 WORLD: 28.63 W 8/18/2016 Noriko INADA  
 PAC: 31.71 P 12/31/2008 Jody Smith

1	Greer, Margaret	36	East Bay Bat Ray-38	35.36
2	Ballenger, Marie	38	The Olympic Club-38	36.66
3	Petrakis, Kristina	35	University of Sa-38	40.60
4	Chien, Regina	38	Marcia's Enthusi-38	45.54
5	Dede, Elif	38	University of Sa-38	1:11.49

**Women 35-39 100 LC Meter Backstroke**

NATL: 1:01.75 N 8/19/2017 NORIKO INADA  
 WORLD: 1:01.75 W 8/19/2017 Noriko INADA  
 PAC: 1:06.91 P 12/31/2008 Jody Smith

1	Greer, Margaret	36	East Bay Bat Ray-38	1:18.85
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**Women 35-39 200 LC Meter Backstroke**

NATL: 2:18.20 N 8/10/1997 K PIPES-NEILSEN  
 WORLD: 2:18.20 W 8/10/1997 K.PIPES-NEILSEN  
 PAC: 2:22.07 P 12/31/2008 Jody Smith

1	Greer, Margaret	36	East Bay Bat Ray-38	2:52.20
2	Chien, Regina	38	Marcia's Enthusi-38	3:41.79

**Women 35-39 100 LC Meter Breaststroke**

NATL: 1:09.77 N 7/29/2022 DANIELLE HERRMANN  
 WORLD: 1:10.47 W 8/5/2022 Danielle HERRMANN  
 PAC: 1:09.77 P 7/30/2022 Danielle M Herrma

1	Ballenger, Marie	38	The Olympic Club-38	1:22.82
2	Allen, Robyn	39	Central Alabama-15	1:33.90
---	Dede, Elif	38	University of Sa-38	DQ

**Women 35-39 200 LC Meter Breaststroke**

NATL: 2:39.78 N 8/10/2013 KATIE GLENN  
 WORLD: 2:35.40 W 6/10/2012 Hitomi MATSUDA  
 PAC: 2:39.78 P 8/7/2013 Katie Glenn

1	Allen, Robyn	39	Central Alabama-15	3:33.21
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**Women 35-39 50 LC Meter Butterfly**

NATL: 27.46 N 8/5/2014 NORIKO INADA  
 WORLD: 27.46 W 8/5/2014 Noriko INADA  
 PAC: 29.24 P 4/3/2022 Danielle M Herrma

1	Greer, Margaret	36	East Bay Bat Ray-38	34.14
2	Sue, Jennifer	35	Swim Fremont Gle-38	49.97

**Women 35-39 100 LC Meter Butterfly**

NATL: 59.52 N 6/27/2013 ERIKA ERNDL  
 WORLD: 1:02.04 W 7/30/2022 C.ATHAYDE SARRUF  
 PAC: 1:03.33 P 7/30/2022 Danielle M Herrma

1	Chien, Regina	38	Marcia's Enthusi-38	1:48.60
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**Women 35-39 200 LC Meter IM**

NATL: 2:21.09 N 8/6/2022 DANIELLE HERRMANN  
 WORLD: 2:21.09 W 8/6/2022 Danielle HERRMANN  
 PAC: 2:21.09 P 8/6/2022 Danielle M Herrma

1	Allen, Robyn	39	Central Alabama-15	3:00.46
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**Women 40-44 50 LC Meter Freestyle**

NATL: 24.25 N 7/6/2008 DARA TORRES  
 WORLD: 26.44 W 11/7/2009 Edith OTTERMANN  
 PAC: 28.05 P 12/31/1992 Laura B Val

1	Louderback, Kelsey	41	Marin Aquatic Ma-38	31.73
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2	Devine, Nora	42	University of Sa-38	37.03
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**Women 40-44 100 LC Meter Freestyle Splits**

NATL: 53.78 N 7/4/2008 DARA TORRES  
 WORLD: 58.04 W 6/8/2013 Erika BRAUN  
 PAC: 1:00.68 P 7/24/2016 Katie Glenn

1	Nehrebecki, Helene	44	Davis Aquatic Ma-38	1:08.76
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**Women 40-44 100 LC Meter Freestyle**

NATL: 53.78 N 7/4/2008 DARA TORRES  
 WORLD: 58.04 W 6/8/2013 Erika BRAUN  
 PAC: 1:00.68 P 7/24/2016 Katie Glenn

1	Louderback, Kelsey	41	Marin Aquatic Ma-38	1:10.66
2	Devine, Nora	42	University of Sa-38	1:21.45

**Women 40-44 200 LC Meter Freestyle Splits**

NATL: 2:09.00 N 5/25/2003 K PIPES-NEILSEN  
 WORLD: 2:09.28 W 8/15/2005 K.PIPES-NEILSEN  
 PAC: 2:10.47 P 8/18/2016 Katie Glenn

1	Nehrebecki, Helene	44	Davis Aquatic Ma-38	2:51.18
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**Women 40-44 200 LC Meter Freestyle**

NATL: 2:09.00 N 5/25/2003 K PIPES-NEILSEN  
 WORLD: 2:09.28 W 8/15/2005 K.PIPES-NEILSEN  
 PAC: 2:10.47 P 8/18/2016 Katie Glenn

1	Radecke-Noble, Jennifer	40	Tvm Swimming-38	2:18.45
2	Huang, Jessica	40	University of Sa-38	2:25.83
3	Groskopf, Sarah	44	Club Hot Tub-38	2:45.88
4	Lee, Robin	43	Marin Aquatic Ma-38	2:47.57
5	Murray, Tori	42	Rolling Hills Mu-38	2:54.66
6	Sitzmann, Amy	44	Tvm Swimming-38	2:58.43
7	Scott, Emily	44	Swim Fremont Gle-38	3:00.96
8	Prichard, Amie	44	University of Sa-38	3:07.66

**Women 40-44 400 LC Meter Freestyle**

NATL: 4:22.87 N 8/13/2011 JANET EVANS  
 WORLD: 4:22.87 W 8/13/2011 Janet EVANS  
 PAC: 4:34.33 P 12/31/2006 Susan H Preston

1	Rempe, Rachel	41	Marin Aquatic Ma-38	5:38.10
2	Louderback, Kelsey	41	Marin Aquatic Ma-38	5:43.97
3	Lee, Robin	43	Marin Aquatic Ma-38	5:59.71
4	Sitzmann, Amy	44	Tvm Swimming-38	6:12.19
5	Prichard, Amie	44	University of Sa-38	6:41.79

**Women 40-44 800 LC Meter Freestyle**

NATL: 8:59.06 N 6/11/2011 JANET EVANS  
 WORLD: 8:59.06 W 6/11/2011 Janet EVANS  
 PAC: 9:18.17 P 7/11/2019 Heidi S George

1	Rempe, Rachel	41	Marin Aquatic Ma-38	11:40.31
2	Prichard, Amie	44	University of Sa-38	13:47.03
3	Chaiyasane, Koung	40	Marcia's Enthusi-38	15:37.28

**Women 40-44 1500 LC Meter Freestyle**

NATL: 17:17.59 N 4/30/2017 HEIDI GEORGE  
 WORLD: 17:29.43 W 6/30/2017 Heidi GEORGE  
 PAC: 17:29.43 P 6/30/2017 Heidi S George

1	Rempe, Rachel	41	Marin Aquatic Ma-38	22:32.11
2	West, Meredith	40	San Mateo Master-38	24:25.38
3	Chaiyasane, Koung	40	Marcia's Enthusi-38	30:04.08

## 2024 Pacific Masters Swimming LC Championship - 8/2/2024 to 8/4/2024

## Results

**Women 40-44 50 LC Meter Backstroke**

NATL: 29.62 N 8/2/2018 NORIKO INADA  
 WORLD: 29.62 W 8/2/2018 Noriko INADA  
 PAC: 31.63 P 12/31/2009 Jody Smith

1	Louderback, Kelsey	41	Marin Aquatic Ma-38	35.82
2	Prichard, Amie	44	University of Sa-38	45.78

**Women 40-44 100 LC Meter Backstroke**

NATL: 1:04.70 N 7/31/2018 NORIKO INADA  
 WORLD: 1:04.70 W 7/31/2018 Noriko INADA  
 PAC: 1:07.21 P 12/31/2009 Jody Smith

1	Radecke-Noble, Jennifer	40	Tvm Swimming-38	1:12.83
2	Huang, Jessica	40	University of Sa-38	1:15.74
3	Nehrebecki, Helene	44	Davis Aquatic Ma-38	1:23.99
4	Lee, Robin	43	Marin Aquatic Ma-38	1:31.17
5	Groskopf, Sarah	44	Club Hot Tub-38	1:31.42
6	Radimer, Kelly	42	UC02	1:33.79
7	Sitzmann, Amy	44	Tvm Swimming-38	1:35.16
8	Murray, Tori	42	Rolling Hills Mu-38	1:36.98
9	Prichard, Amie	44	University of Sa-38	1:43.44
10	Flecker, Donita	42	Sebastopol Maste-38	1:44.13

**Women 40-44 200 LC Meter Backstroke**

NATL: 2:23.18 N 8/6/2009 JODY SMITH  
 WORLD: 2:23.18 W 8/6/2009 Jody SMITH  
 PAC: 2:23.18 P 12/31/2009 Jody Smith

1	Nehrebecki, Helene	44	Davis Aquatic Ma-38	3:07.15
2	Prichard, Amie	44	University of Sa-38	3:35.78

**Women 40-44 50 LC Meter Breaststroke**

NATL: 32.47 N 8/19/2016 KATIE GLENN  
 WORLD: 32.42 W 9/2/2022 Nicole HEIDEMANN  
 PAC: 32.47 P 8/19/2016 Katie Glenn

1	Au Brinkmeyer, Lauren	40	Manatee Aquatic-38	38.39
2	Huang, Jessica	40	University of Sa-38	38.45
3	Nehrebecki, Helene	44	Davis Aquatic Ma-38	39.68
4	Lee, Robin	43	Marin Aquatic Ma-38	43.97
5	Scott, Emily	44	Swim Fremont Gle-38	44.77
6	Murray, Tori	42	Rolling Hills Mu-38	48.55
7	Lee, Jez	44	Sebastopol Maste-38	54.60

**Women 40-44 100 LC Meter Breaststroke**

NATL: 1:12.12 N 6/30/2008 S VON DER LIPPE  
 WORLD: 1:12.29 W 3/12/2022 Nicole HEIDEMANN  
 PAC: 1:13.57 P 8/18/2016 Katie Glenn

1	Nehrebecki, Helene	44	Davis Aquatic Ma-38	1:25.71
2	Devine, Nora	42	University of Sa-38	1:51.61
---	Chaiyasane, Koung	40	Marcia's Entthusi-38	DQ

**Women 40-44 200 LC Meter Breaststroke**

NATL: 2:38.44 N 8/9/2006 S VON DER LIPPE  
 WORLD: 2:38.44 W 8/9/2006 S.VON DER LIPPE  
 PAC: 2:47.92 P 7/24/2016 Katie Glenn

1	Au Brinkmeyer, Lauren	40	Manatee Aquatic-38	3:08.52
2	Murray, Tori	42	Rolling Hills Mu-38	3:45.59
3	Lee, Jez	44	Sebastopol Maste-38	4:12.64

**Women 40-44 50 LC Meter Butterfly**

NATL: 28.36 N 6/8/2013 ERIKA BRAUN  
 WORLD: 28.36 W 6/8/2013 Erika BRAUN  
 PAC: 29.89 P 12/31/1994 Laura B Val

1	Radecke-Noble, Jennifer	40	Tvm Swimming-38	30.62
2	Rempe, Rachel	41	Marin Aquatic Ma-38	34.77
3	Louderback, Kelsey	41	Marin Aquatic Ma-38	35.03
4	Au Brinkmeyer, Lauren	40	Manatee Aquatic-38	35.22
5	Radimer, Kelly	42	UC02	37.12
6	Murray, Tori	42	Rolling Hills Mu-38	38.14
7	Lee, Robin	43	Marin Aquatic Ma-38	40.76
8	Groskopf, Sarah	44	Club Hot Tub-38	41.47
9	Flecker, Donita	42	Sebastopol Maste-38	51.07

**Women 40-44 100 LC Meter Butterfly**

NATL: 1:02.47 N 6/29/2008 S VON DER LIPPE  
 WORLD: 1:03.36 W 5/23/2009 S.VON DER LIPPE  
 PAC: 1:06.27 P 12/31/1992 Laura B Val

1	Rempe, Rachel	41	Marin Aquatic Ma-38	1:20.30
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**Women 40-44 200 LC Meter Butterfly**

NATL: 2:24.77 N 8/17/2003 K PIPES-NEILSEN  
 WORLD: 2:24.78 W 7/23/2006 S.VON DER LIPPE  
 PAC: 2:25.15 P 12/31/2006 Susan H Preston

1	Flecker, Donita	42	Sebastopol Maste-38	4:16.86
2	Lee, Jez	44	Sebastopol Maste-38	4:22.47

**Women 40-44 200 LC Meter IM**

NATL: 2:25.03 N 8/5/2007 S VON DER LIPPE  
 WORLD: 2:25.03 W 8/5/2007 S.VON DER LIPPE  
 PAC: 2:30.96 P 12/31/2000 Jill S Hernandez

1	Radecke-Noble, Jennifer	40	Tvm Swimming-38	2:38.40
2	Huang, Jessica	40	University of Sa-38	2:40.54
3	Nehrebecki, Helene	44	Davis Aquatic Ma-38	2:57.34
4	Rempe, Rachel	41	Marin Aquatic Ma-38	3:01.97
5	Groskopf, Sarah	44	Club Hot Tub-38	3:11.11
6	Radimer, Kelly	42	UC02	3:14.96
7	Lee, Robin	43	Marin Aquatic Ma-38	3:16.32
8	Murray, Tori	42	Rolling Hills Mu-38	3:18.70
9	Sitzmann, Amy	44	Tvm Swimming-38	3:26.09
10	Flecker, Donita	42	Sebastopol Maste-38	3:50.22

**Women 40-44 400 LC Meter IM**

NATL: 5:09.83 N 8/1/2004 K PIPES-NEILSEN  
 WORLD: 5:09.83 W 8/1/2004 K.PIPES-NEILSEN  
 PAC: 5:21.32 P 12/31/2000 Jill S Hernandez

1	Nehrebecki, Helene	44	Davis Aquatic Ma-38	6:24.70
2	Chaiyasane, Koung	40	Marcia's Entthusi-38	8:59.44

**Women 45-49 50 LC Meter Freestyle**

NATL: 27.09 N 8/5/2017 THOMAS\BRAUN  
 WORLD: 26.59 W 3/16/2011 Edith OTTERMANN  
 PAC: 28.56 P 12/31/2006 Suzanne M Heim-Bo

1	Woodard, Niki	48	Park Terrace Mas-38	29.71
2	Rodde, Amy	45	Burlingame Aquat-38	30.47
3	Bracco Comfort, Katie	48	Menlo Masters-38	31.55
4	Cairns, Christina	46	Marin Aquatic Ma-38	32.37
5	Davis, Taylor	48	University of Sa-38	33.50
6	Belluomini, Melanie	47	Davis Aquatic Ma-38	34.45
7	Avar, Traci	45	University of Sa-38	39.29

## 2024 Pacific Masters Swimming LC Championship - 8/2/2024 to 8/4/2024

## Results

**(Women 45-49 50 LC Meter Freestyle)**

8	Pyatt, Suzanne	49	University of Sa-38	41.01
9	Sayed, Elizabeth	45	University of Sa-38	48.31

**Women 45-49 100 LC Meter Freestyle**

**NATL:** 57.40 N 8/8/2015 **MELANIE THOMAS**  
**WORLD:** 57.40 W 8/8/2015 **Melanie THOMAS**  
**PAC:** 1:02.11 P 12/31/2003 **Suzanne M Heim-Bo**

1	Woodard, Niki	48	Park Terrace Mas-38	1:06.25
2	Bracco Comfort, Katie	48	Menlo Masters-38	1:08.62
3	Cairns, Christina	46	Marin Aquatic Ma-38	1:10.52
4	Davis, Taylor	48	University of Sa-38	1:14.34
5	Pyatt, Suzanne	49	University of Sa-38	1:28.08
6	Sayed, Elizabeth	45	University of Sa-38	1:44.66

**Women 45-49 200 LC Meter Freestyle**

**NATL:** 2:10.09 N 6/13/2009 **K PIPES-NEILSEN**  
**WORLD:** 2:10.09 W 6/13/2009 **K.PIPES-NEILSEN**  
**PAC:** 2:12.57 P 8/8/2021 **Heidi S George**

1	Woodard, Niki	48	Park Terrace Mas-38	2:28.38
2	Bracco Comfort, Katie	48	Menlo Masters-38	2:33.15
3	Cairns, Christina	46	Marin Aquatic Ma-38	2:36.56
4	Davis, Taylor	48	University of Sa-38	2:48.14
5	Bee, Vee	45	Richmond Plunge-38	2:51.56
6	Cheung, Ruth	45	Quicksilver Mast-38	3:25.47
7	Alfieri, Susan	47	Marin Aquatic Ma-38	3:27.84
8	Silva, Teresa	48	Swim Fremont Gle-38	3:28.60

**Women 45-49 400 LC Meter Freestyle**

**NATL:** 4:30.64 N 4/14/2023 **HEIDI GEORGE**  
**WORLD:** 4:30.64 W 4/14/2023 **Heidi GEORGE**  
**PAC:** 4:30.64 P 4/14/2023 **Heidi S George**

1	Bracco Comfort, Katie	48	Menlo Masters-38	5:22.59
2	Cheung, Ruth	45	Quicksilver Mast-38	7:13.53

**Women 45-49 800 LC Meter Freestyle**

**NATL:** 9:11.47 N 6/27/2021 **HEIDI GEORGE**  
**WORLD:** 9:11.47 W 6/27/2021 **Heidi GEORGE**  
**PAC:** 9:11.47 P 6/27/2021 **Heidi S George**

1	Bee, Vee	45	Richmond Plunge-38	12:57.03
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**Women 45-49 1500 LC Meter Freestyle**

**NATL:** 17:26.47 N 12/2/2023 **HEIDI GEORGE**  
**WORLD:** 17:27.11 W 4/13/2023 **Heidi GEORGE**  
**PAC:** 17:26.47 P 12/2/2023 **Heidi S George**

1	Topping, Catherine	45	Marin Aquatic Ma-38	26:09.85
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**Women 45-49 50 LC Meter Backstroke**

**NATL:** 31.71 N 7/7/2012 **JENKINS\REYNOLDS\**  
**WORLD:** 31.02 W 8/18/2016 **Cindy MABEE**  
**PAC:** 32.93 P 12/31/1997 **Laura B Val**

1	Cairns, Christina	46	Marin Aquatic Ma-38	36.72
2	Rodde, Amy	45	Burlingame Aquat-38	36.83
3	Davis, Taylor	48	University of Sa-38	41.30
4	Avar, Traci	45	University of Sa-38	46.86
5	Pyatt, Suzanne	49	University of Sa-38	52.01
6	Sayed, Elizabeth	45	University of Sa-38	53.17

**Women 45-49 100 LC Meter Backstroke**

**NATL:** 1:07.45 N 5/19/2024 **JENNIFER MIHALIK**  
**WORLD:** 1:07.04 W 6/14/2019 **Joanna CORBEN**  
**PAC:** 1:11.34 P 12/31/2009 **Lisa A Ward**

1	Cairns, Christina	46	Marin Aquatic Ma-38	1:20.97
2	Davis, Taylor	48	University of Sa-38	1:32.31
---	Ferraris, Giulia	47	Modesto Area Aqu-38	DQ
---	Cheung, Ruth	45	Quicksilver Mast-38	DQ

**Women 45-49 200 LC Meter Backstroke**

**NATL:** 2:26.06 N 5/22/2009 **K PIPES-NEILSEN**  
**WORLD:** 2:24.06 W 5/28/2016 **Joanna CORBEN**  
**PAC:** 2:31.93 P 12/31/2009 **Lisa A Ward**

1	Sayed, Elizabeth	45	University of Sa-38	3:58.84
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**Women 45-49 50 LC Meter Breaststroke**

**NATL:** 31.92 N 4/13/2024 **GABRIELLE ROSE**  
**WORLD:** 33.56 W 8/20/2017 **Linley FRAME**  
**PAC:** 36.97 P 12/31/1994 **Susan Roy**

1	Ferraris, Giulia	47	Modesto Area Aqu-38	49.72
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**Women 45-49 100 LC Meter Breaststroke**

**NATL:** 1:08.32 N 6/16/2024 **GABRIELLE ROSE**  
**WORLD:** 1:12.34 W 8/14/2022 **Gabrielle ROSE**  
**PAC:** 1:21.30 P 12/31/2009 **Lisa A Ward**

1	Rodde, Amy	45	Burlingame Aquat-38	1:28.48
2	Cairns, Christina	46	Marin Aquatic Ma-38	1:36.66
3	Pyatt, Suzanne	49	University of Sa-38	1:52.15

**Women 45-49 200 LC Meter Breaststroke**

**NATL:** 2:30.13 N 6/19/2024 **GABRIELLE ROSE**  
**WORLD:** 2:39.95 W 6/24/2023 **Gabrielle ROSE**  
**PAC:** 2:59.80 P 12/31/2009 **Lisa A Ward**

1	Alfieri, Susan	47	Marin Aquatic Ma-38	4:08.89
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**Women 45-49 50 LC Meter Butterfly**

**NATL:** 28.40 N 8/5/2017 **ERIKA BRAUN**  
**WORLD:** 28.40 W 8/5/2017 **Erika BRAUN**  
**PAC:** 30.01 P 12/31/2009 **Lisa A Ward**

1	Woodard, Niki	48	Park Terrace Mas-38	32.89
2	Bracco Comfort, Katie	48	Menlo Masters-38	33.33
3	Belluomini, Melanie	47	Davis Aquatic Ma-38	35.20
4	Ferraris, Giulia	47	Modesto Area Aqu-38	38.82
5	Davis, Taylor	48	University of Sa-38	41.58
6	Cheung, Ruth	45	Quicksilver Mast-38	58.06

**Women 45-49 100 LC Meter Butterfly**

**NATL:** 1:04.96 N 8/6/2014 **WENKE SEIDER**  
**WORLD:** 1:04.96 W 8/6/2014 **Wenke SEIDER**  
**PAC:** 1:07.30 P 12/31/2005 **Jill S Hernandez**

1	Woodard, Niki	48	Park Terrace Mas-38	1:16.48
2	Bracco Comfort, Katie	48	Menlo Masters-38	1:19.27
3	Belluomini, Melanie	47	Davis Aquatic Ma-38	1:28.85

**Women 45-49 200 LC Meter IM**

**NATL:** 2:20.41 N 7/9/2023 **GABRIELLE ROSE**  
**WORLD:** 2:21.37 W 8/14/2022 **Gabrielle ROSE**  
**PAC:** 2:32.46 P 12/31/2005 **Jill S Hernandez**

1	Woodard, Niki	48	Park Terrace Mas-38	2:53.80
2	Belluomini, Melanie	47	Davis Aquatic Ma-38	3:22.50

## 2024 Pacific Masters Swimming LC Championship - 8/2/2024 to 8/4/2024

## Results

**Women 45-49 400 LC Meter IM**

NATL: 5:13.85 N 9/5/2008 K PIPES-NEILSEN

WORLD: 5:13.85 W 9/5/2008 K.PIPES-NEILSEN

PAC: 5:27.67 P 12/31/2005 Jill S Hernandez

1 Belluomini, Melanie 47 Davis Aquatic Ma-38 7:17.42

**Women 50-54 50 LC Meter Freestyle**

NATL: 27.13 N 6/17/2023 ERIKA BRAUN

WORLD: 27.09 W 6/28/2015 M.Therese FUZZATI

PAC: 28.22 P 12/31/2001 Laura B Val

1 Mcclafferty, Christine 51 Oregon Masters-37 29.71

2 Attwell, Carrie 54 The Olympic Club-38 32.93

3 O'Hanlon, Christine 54 Rolling Hills Mu-38 35.14

4 Ongerth, Ann Michelle 50 Walnut Creek Mas-38 37.86

**Women 50-54 100 LC Meter Freestyle**

NATL: 1:00.40 N 8/6/2023 ERIKA BRAUN

WORLD: 1:00.40 W 8/6/2023 Erika BRAUN

PAC: 1:01.13 P 12/31/2001 Laura B Val

1 Attwell, Carrie 54 The Olympic Club-38 1:14.77

2 O'Hanlon, Christine 54 Rolling Hills Mu-38 1:18.82

3 Koning, Patricia 54 Livermore Aquaco-38 1:30.78

**Women 50-54 200 LC Meter Freestyle**

NATL: 2:13.18 N 8/8/2013 JILL HERNANDEZ

WORLD: 2:13.18 W 8/8/2013 Jill HERNANDEZ

PAC: 2:13.18 P 8/7/2013 Jill S Hernandez

1 Zamanian, Alison 54 Walnut Creek Mas-38 2:20.10

2 O'Hanlon, Christine 54 Rolling Hills Mu-38 3:01.26

3 Singh, Jo 52 Menlo Masters-38 3:18.92

**Women 50-54 400 LC Meter Freestyle**

NATL: 4:40.66 N 8/11/2013 JILL HERNANDEZ

WORLD: 4:40.66 W 8/11/2013 Jill HERNANDEZ

PAC: 4:40.66 P 8/7/2013 Jill S Hernandez

1 Zamanian, Alison 54 Walnut Creek Mas-38 4:50.93

2 Darling, Colleen 50 Walnut Creek Mas-38 6:06.80

3 Singh, Jo 52 Menlo Masters-38 6:51.91

**Women 50-54 800 LC Meter Freestyle**

NATL: 9:34.12 N 7/23/2016 SUSAN PRESTON

WORLD: 9:34.12 W 7/23/2016 Susan PRESTON

PAC: 9:34.12 P 7/23/2016 Susan H Preston

1 Zamanian, Alison 54 Walnut Creek Mas-38 9:55.15

2 Darling, Colleen 50 Walnut Creek Mas-38 12:53.99

3 Koning, Patricia 54 Livermore Aquaco-38 13:47.90

4 Singh, Jo 52 Menlo Masters-38 14:15.93

**Women 50-54 1500 LC Meter Freestyle**

NATL: 18:15.80 N 7/29/2022 ALISON ZAMANIAN

WORLD: 18:15.80 W 7/29/2022 Alison ZAMANIAN

PAC: 18:15.80 P 7/29/2022 Alison Zamanian

1 Zamanian, Alison 54 Walnut Creek Mas-38 18:46.95

2 Darling, Colleen 50 Walnut Creek Mas-38 23:42.40

3 Singh, Jo 52 Menlo Masters-38 28:00.20

**Women 50-54 50 LC Meter Backstroke**

NATL: 32.30 N 8/6/2022 ERIKA BRAUN

WORLD: 31.59 W 7/6/2019 Cindy MABEE

PAC: 33.45 P 12/31/2009 Bonnie M Bilich

1 O'Hanlon, Christine 54 Rolling Hills Mu-38 43.15

2 Koning, Patricia 54 Livermore Aquaco-38 48.53

**Women 50-54 100 LC Meter Backstroke**

NATL: 1:09.28 N 8/8/2014 ELLEN REYNOLDS

WORLD: 1:07.87 W 1/21/2023 Jo CORBEN

PAC: 1:13.76 P 12/31/2009 Bonnie M Bilich

1 O'Hanlon, Christine 54 Rolling Hills Mu-38 1:36.34

**Women 50-54 200 LC Meter Backstroke**

NATL: 2:26.64 N 8/4/2014 ELLEN REYNOLDS

WORLD: 2:26.14 W 4/19/2024 Jo CORBEN

PAC: 2:36.60 P 7/30/2022 Alison Zamanian

1 Singh, Jo 52 Menlo Masters-38 4:21.89

--- O'Hanlon, Christine 54 Rolling Hills Mu-38 DQ

**Women 50-54 50 LC Meter Breaststroke**

NATL: 36.47 N 8/20/2022 ERIKA BRAUN

WORLD: 34.18 W 6/13/2012 Monica CORO

PAC: 37.81 P 10/10/2021 Tanya N Lane

1 Attwell, Carrie 54 The Olympic Club-38 42.62

**Women 50-54 100 LC Meter Breaststroke**

NATL: 1:21.34 N 7/8/2023 ERIKA BRAUN

WORLD: 1:15.44 W 6/4/2022 Helen GORMAN

PAC: 1:23.72 P 10/8/2021 Tanya N Lane

1 Mcclafferty, Christine 51 Oregon Masters-37 1:27.35

2 Attwell, Carrie 54 The Olympic Club-38 1:33.73

3 Koning, Patricia 54 Livermore Aquaco-38 1:46.93

4 Ongerth, Ann Michelle 50 Walnut Creek Mas-38 1:53.66

**Women 50-54 200 LC Meter Breaststroke**

NATL: 2:54.00 N 8/6/2016 ELLEN REYNOLDS

WORLD: 2:44.66 W 6/17/2022 Helen GORMAN

PAC: 3:05.00 P 10/9/2021 SWeiss&amp;TLane

1 Zamanian, Alison 54 Walnut Creek Mas-38 3:11.49

2 Attwell, Carrie 54 The Olympic Club-38 3:28.29

--- Ongerth, Ann Michelle 50 Walnut Creek Mas-38 DQ

**Women 50-54 50 LC Meter Butterfly**

NATL: 29.47 N 8/4/2022 ERIKA BRAUN

WORLD: 29.08 W 8/7/2023 Susan O'NEILL

PAC: 30.72 P 12/31/2001 Laura B Val

1 Mcclafferty, Christine 51 Oregon Masters-37 30.87

2 Attwell, Carrie 54 The Olympic Club-38 35.24

3 Singh, Jo 52 Menlo Masters-38 52.66

**Women 50-54 100 LC Meter Butterfly**

NATL: 1:07.80 N 8/13/2011 JILL HERNANDEZ

WORLD: 1:07.80 W 8/13/2011 Jill HERNANDEZ

PAC: 1:07.80 P 12/31/2011 Jill S Hernandez

1 Mcclafferty, Christine 51 Oregon Masters-37 1:09.47

2 Darling, Colleen 50 Walnut Creek Mas-38 1:25.96

3 Ongerth, Ann Michelle 50 Walnut Creek Mas-38 1:45.66

**Women 50-54 200 LC Meter Butterfly**

NATL: 2:31.55 N 8/18/2001 LAURA VAL

WORLD: 2:30.66 W 4/13/2024 Kincso VENCZEL

PAC: 2:31.55 P 12/31/2001 Laura B Val

1 Mcclafferty, Christine 51 Oregon Masters-37 2:39.76

2 Darling, Colleen 50 Walnut Creek Mas-38 3:20.35

3 Ongerth, Ann Michelle 50 Walnut Creek Mas-38 4:06.89



## 2024 Pacific Masters Swimming LC Championship - 8/2/2024 to 8/4/2024

## Results

**Women 50-54 400 LC Meter IM**

<b>NATL: 5:20.68 N 8/5/2014 ELLEN REYNOLDS</b>			
<b>WORLD: 5:20.68 W 8/5/2014 Ellen REYNOLDS</b>			
<b>PAC: 5:30.32 P 8/10/2013 Jill S Hernandez</b>			
1	Zamanian, Alison	54 Walnut Creek Mas-38	5:39.24
2	Mcclafferty, Christine	51 Oregon Masters-37	5:51.07
3	Rublein, Susanne	54 Manatee Aquatic-38	6:34.64
4	Darling, Colleen	50 Walnut Creek Mas-38	6:53.29

**Women 55-59 50 LC Meter Freestyle**

<b>NATL: 28.46 N 8/8/2019 HOLLY GREEN BLAIR</b>			
<b>WORLD: 27.94 W 4/21/2023 Jennie BUCKNELL</b>			
<b>PAC: 28.69 P 12/31/2008 Laura B Val</b>			
1	Jones, Tracey	56 Santa Rosa Maste-38	35.41
2	Bachtiger, Jasmine	55 Rolling Hills Mu-38	35.70
3	De Somma, Margaret	56 Marin Aquatic Ma-38	36.08
4	Voight, Tina	55 Marcia's Enthusi-38	36.93
5	Alexander, Janet	57 Cala Maritime Aq-38	38.06
6	Eng, Sherri	55 University of Sa-38	48.29

**Women 55-59 100 LC Meter Freestyle**

<b>NATL: 1:02.02 N 8/13/2007 VAL\VAL</b>			
<b>WORLD: 1:01.87 W 4/20/2023 Jennie BUCKNELL</b>			
<b>PAC: 1:02.02 P 8/17/2008 LVal&amp;LVal</b>			
1	Jones, Tracey	56 Santa Rosa Maste-38	1:17.65
2	De Somma, Margaret	56 Marin Aquatic Ma-38	1:20.29
3	Voight, Tina	55 Marcia's Enthusi-38	1:23.06
4	Eng, Sherri	55 University of Sa-38	1:54.53

**Women 55-59 200 LC Meter Freestyle**

<b>NATL: 2:16.28 N 8/11/2019 VAL\REYNOLDS</b>			
<b>WORLD: 2:16.28 W 8/11/2019 Ellen REYNOLDS</b>			
<b>PAC: 2:16.28 P 12/31/2009 Laura B Val</b>			
1	Ask, Julie	56 University of Sa-38	3:03.59
2	Voight, Tina	55 Marcia's Enthusi-38	3:07.17
3	Asta, Lisa	59 Walnut Creek Mas-38	4:46.40

**Women 55-59 200 LC Meter Freestyle Splits**

<b>NATL: 2:16.28 N 8/11/2019 VAL\REYNOLDS</b>			
<b>WORLD: 2:16.28 W 8/11/2019 Ellen REYNOLDS</b>			
<b>PAC: 2:16.28 P 12/31/2009 Laura B Val</b>			
1	Goldberg, Michelle	56 Davis Aquatic Ma-38	2:37.73
2	Shu, Vicki	56 Marcia's Enthusi-38	2:56.15

**Women 55-59 400 LC Meter Freestyle**

<b>NATL: 4:46.49 N 8/10/2019 ELLEN REYNOLDS</b>			
<b>WORLD: 4:43.41 W 7/10/2016 Lynn MARSHALL</b>			
<b>PAC: 4:46.69 P 7/26/2015 Jill S Hernandez</b>			
1	Goldberg, Michelle	56 Davis Aquatic Ma-38	5:35.26
2	Ask, Julie	56 University of Sa-38	6:20.01
3	Voight, Tina	55 Marcia's Enthusi-38	6:48.67

**Women 55-59 800 LC Meter Freestyle**

<b>NATL: 9:46.56 N 7/25/2015 JILL HERNANDEZ</b>			
<b>WORLD: 9:44.76 W 2/25/2017 Lynn MARSHALL</b>			
<b>PAC: 9:46.56 P 7/25/2015 Jill S Hernandez</b>			
1	Goldberg, Michelle	56 Davis Aquatic Ma-38	11:17.41
2	Shu, Vicki	56 Marcia's Enthusi-38	11:41.94
3	Bjerknes, Wendy	55 San Mateo Master-38	12:02.84
4	Hu, Qing	58 Walnut Creek Mas-38	21:32.47

**Women 55-59 1500 LC Meter Freestyle**

<b>NATL: 18:36.30 N 8/7/2019 ELLEN REYNOLDS</b>			
<b>WORLD: 18:36.30 W 8/7/2019 Ellen REYNOLDS</b>			
<b>PAC: 19:14.70 P 12/31/2007 Laura B Val</b>			
1	Goldberg, Michelle	56 Davis Aquatic Ma-38	21:45.53
2	Cox, Juliet	56 Manatee Aquatic-38	21:58.55
3	Voight, Tina	55 Marcia's Enthusi-38	26:51.64

**Women 55-59 50 LC Meter Backstroke**

<b>NATL: 31.99 N 8/2/2018 HOLLY GREEN BLAIR</b>			
<b>WORLD: 31.99 W 8/2/2018 Holly GREEN BLAIR</b>			
<b>PAC: 33.75 P 12/31/2010 Laura B Val</b>			
1	Garforth, Emma	56 Davis Aquatic Ma-38	39.81
2	Jones, Sara	56 Santa Rosa Maste-38	41.62
3	Bachtiger, Jasmine	55 Rolling Hills Mu-38	45.53
4	Hu, Qing	58 Walnut Creek Mas-38	1:32.04

**Women 55-59 100 LC Meter Backstroke Splits**

<b>NATL: 1:09.69 N 8/11/2019 HOLLY GREEN BLAIR</b>			
<b>WORLD: 1:09.69 W 8/11/2019 Holly GREEN BLAIR</b>			
<b>PAC: 1:12.45 P 7/16/2017 Bonnie M Bilich</b>			
1	Garforth, Emma	56 Davis Aquatic Ma-38	1:26.39

**Women 55-59 100 LC Meter Backstroke**

<b>NATL: 1:09.69 N 8/11/2019 HOLLY GREEN BLAIR</b>			
<b>WORLD: 1:09.69 W 8/11/2019 Holly GREEN BLAIR</b>			
<b>PAC: 1:12.45 P 7/16/2017 Bonnie M Bilich</b>			
1	Jones, Sara	56 Santa Rosa Maste-38	1:28.06
2	Welting, Laureen	59 The Olympic Club-38	1:29.76
3	Ask, Julie	56 University of Sa-38	1:48.86
4	Asta, Lisa	59 Walnut Creek Mas-38	2:43.15

**Women 55-59 200 LC Meter Backstroke**

<b>NATL: 2:31.79 N 5/19/2019 ELLEN REYNOLDS</b>			
<b>WORLD: 2:31.79 W 5/19/2019 Ellen REYNOLDS</b>			
<b>PAC: 2:40.84 P 7/15/2017 Bonnie M Bilich</b>			
1	Jones, Sara	56 Santa Rosa Maste-38	3:05.85
2	Hu, Qing	58 Walnut Creek Mas-38	6:19.22

**Women 55-59 50 LC Meter Breaststroke**

<b>NATL: 37.13 N 7/16/2017 CAROLINE KRATTLI</b>			
<b>WORLD: 35.59 W 8/11/2023 Andrea MULLER</b>			
<b>PAC: 41.31 P 7/16/2017 Jana Matena</b>			
1	Garforth, Emma	56 Davis Aquatic Ma-38	43.51
2	Voight, Tina	55 Marcia's Enthusi-38	49.22
3	Bachtiger, Jasmine	55 Rolling Hills Mu-38	50.29
4	Glatter, Kathy	58 UC38	51.05
5	Eng, Sherri	55 University of Sa-38	1:01.87
6	Ask, Julie	56 University of Sa-38	1:03.20

**Women 55-59 100 LC Meter Breaststroke**

<b>NATL: 1:21.21 N 7/15/2017 CAROLINE KRATTLI</b>			
<b>WORLD: 1:19.90 W 1/29/2017 Monica CORO</b>			
<b>PAC: 1:30.63 P 7/22/2023 Lisa A Ward</b>			
1	Weiderman, Jennifer	58 Conejo Valley Ma-33	1:27.75P
2	Garforth, Emma	56 Davis Aquatic Ma-38	1:34.08
3	Jones, Tracey	56 Santa Rosa Maste-38	1:40.41
4	Eng, Sherri	55 University of Sa-38	2:29.39

## 2024 Pacific Masters Swimming LC Championship - 8/2/2024 to 8/4/2024

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**Women 55-59 200 LC Meter Breaststroke**

NATL: 2:59.27 N 5/19/2019 ELLEN REYNOLDS

WORLD: 2:57.29 W 8/10/2023 Andrea MULLER

PAC: 3:17.09 P 7/23/2023 Lisa A Ward

1	Weiderman, Jennifer	58	Conejo Valley Ma-33	3:16.26P
2	Garforth, Emma	56	Davis Aquatic Ma-38	3:27.16
3	Goldberg, Michelle	56	Davis Aquatic Ma-38	3:29.26
4	Jones, Tracey	56	Santa Rosa Maste-38	3:31.01
5	Glatter, Kathy	58	UC38	3:56.97
6	Eng, Sherri	55	University of Sa-38	5:12.12
7	Asta, Lisa	59	Walnut Creek Mas-38	5:36.44

**Women 55-59 50 LC Meter Butterfly**

NATL: 30.52 N 7/10/2016 LESLIE LIVINGSTON

WORLD: 30.43 W 8/7/2023 Andrea MULLER

PAC: 31.42 P 12/31/2009 Laura B Val

1	Welting, Laureen	59	The Olympic Club-38	38.16
*2	De Somma, Margaret	56	Marin Aquatic Ma-38	39.30
*2	Bachtiger, Jasmine	55	Rolling Hills Mu-38	39.30
4	Jones, Tracey	56	Santa Rosa Maste-38	39.89
5	Ask, Julie	56	University of Sa-38	53.39
6	Asta, Lisa	59	Walnut Creek Mas-38	1:11.65

**Women 55-59 100 LC Meter Butterfly**

NATL: 1:09.47 N 8/9/2009 LAURA VAL

WORLD: 1:07.55 W 8/8/2023 Franca BOSISIO

PAC: 1:09.47 P 12/31/2009 Laura B Val

1	Shu, Vicki	56	Marcia's Enthusi-38	1:21.19
2	Bjerknes, Wendy	55	San Mateo Master-38	1:24.25
3	Goldberg, Michelle	56	Davis Aquatic Ma-38	1:25.25
4	Weiderman, Jennifer	58	Conejo Valley Ma-33	1:27.55
5	Alexander, Janet	57	Cala Maritime Aq-38	1:46.47

**Women 55-59 200 LC Meter Butterfly**

NATL: 2:41.51 N 7/8/2007 LAURA VAL

WORLD: 2:36.33 W 8/10/2023 C.THIELEMANN

PAC: 2:41.51 P 12/31/2007 Laura B Val

1	Shu, Vicki	56	Marcia's Enthusi-38	3:12.55
2	Asta, Lisa	59	Walnut Creek Mas-38	5:43.74

**Women 55-59 200 LC Meter IM**

NATL: 2:31.51 N 7/6/2019 ELLEN REYNOLDS

WORLD: 2:31.51 W 7/6/2019 Ellen REYNOLDS

PAC: 2:38.74 P 7/26/2015 Jill S Hernandez

1	Weiderman, Jennifer	58	Conejo Valley Ma-33	2:58.12
2	Garforth, Emma	56	Davis Aquatic Ma-38	3:02.40
3	Goldberg, Michelle	56	Davis Aquatic Ma-38	3:03.10
4	Jones, Sara	56	Santa Rosa Maste-38	3:07.52
5	Shu, Vicki	56	Marcia's Enthusi-38	3:08.13
6	Ask, Julie	56	University of Sa-38	3:47.78
7	Fukushi, Yoriko	55	University of Sa-38	4:00.11
8	Asta, Lisa	59	Walnut Creek Mas-38	5:08.20

**Women 55-59 400 LC Meter IM**

NATL: 5:21.35 N 5/17/2019 ELLEN REYNOLDS

WORLD: 5:22.41 W 7/6/2019 Ellen REYNOLDS

PAC: 5:49.40 P 12/31/2009 Laura B Val

1	Weiderman, Jennifer	58	Conejo Valley Ma-33	6:22.29
2	Garforth, Emma	56	Davis Aquatic Ma-38	6:26.28
3	Shu, Vicki	56	Marcia's Enthusi-38	6:34.29

4 Jones, Sara 56 Santa Rosa Maste-38 6:35.26

**Women 60-64 50 LC Meter Freestyle**

NATL: 28.84 N 8/5/2023 HOLLY GREEN

WORLD: 28.84 W 8/5/2023 Holly GREEN

PAC: 29.31 P 12/31/2011 Laura B Val

1	Quick, Sarah	60	North Bay Aquati-38	30.63
2	Knight-Williams, Valerie	61	Sacramento Maste-38	35.51
3	Viscardi, Josie	60	Rolling Hills Mu-38	37.37
4	Coffee, Cassandra	63	Tamalpais Aquati-38	39.11
5	Macleod, Pascale	60	University of Sa-38	49.12
6	Sampiere-Prochnow, Susie	61	Marin Aquatic Ma-38	50.56

**Women 60-64 100 LC Meter Freestyle Splits**

NATL: 1:03.83 N 8/5/2011 LAURA VAL

WORLD: 1:03.83 W 8/5/2011 Laura VAL

PAC: 1:03.83 P 12/31/2011 Laura B Val

3 Focha, Teresa 63 Albany Armada Aq-38 1:57.68

**Women 60-64 100 LC Meter Freestyle**

NATL: 1:03.83 N 8/5/2011 LAURA VAL

WORLD: 1:03.83 W 8/5/2011 Laura VAL

PAC: 1:03.83 P 12/31/2011 Laura B Val

1	Quick, Sarah	60	North Bay Aquati-38	1:07.96
2	Carter, Monica	63	Sacramento Maste-38	1:16.81
3	Viscardi, Josie	60	Rolling Hills Mu-38	1:29.78
4	Coffee, Cassandra	63	Tamalpais Aquati-38	1:32.68
5	Valderrama, Deborah	61	University of Sa-38	1:51.57
6	Field, Jean	62	University of Sa-38	2:00.23
7	Cobble, Michele	62	University of Sa-38	2:01.06
8	Sampiere-Prochnow, Susie	61	Marin Aquatic Ma-38	2:05.82
9	Kirsch, Eva	62	Cala Maritime Aq-38	2:25.96

**Women 60-64 200 LC Meter Freestyle Splits**

NATL: 2:21.48 N 6/12/2012 LAURA VAL

WORLD: 2:21.03 W 3/20/2019 Jenny WHITELEY

PAC: 2:21.48 P 12/31/2012 Laura B Val

1	Couch, Stephanie	60	Menlo Masters-38	2:49.93
2	Focha, Teresa	63	Albany Armada Aq-38	4:06.92

**Women 60-64 200 LC Meter Freestyle**

NATL: 2:21.48 N 6/12/2012 LAURA VAL

WORLD: 2:21.03 W 3/20/2019 Jenny WHITELEY

PAC: 2:21.48 P 12/31/2012 Laura B Val

1	Quick, Sarah	60	North Bay Aquati-38	2:29.73
2	Couch, Stephanie	60	Menlo Masters-38	2:47.04
3	Haskell, Rocio	61	Manatee Aquatic-38	3:42.66
4	Kirsch, Eva	62	Cala Maritime Aq-38	5:19.85

**Women 60-64 400 LC Meter Freestyle Splits**

NATL: 4:59.82 N 8/12/2012 LAURA VAL

WORLD: 4:53.58 W 6/11/2022 Lynn MARSHALL

PAC: 4:59.82 P 12/31/2012 Laura B Val

1	Quick, Sarah	60	North Bay Aquati-38	5:31.29
*2	Couch, Stephanie	60	Menlo Masters-38	5:44.63
*2	Focha, Teresa	63	Albany Armada Aq-38	8:20.38
3	Phalen, Jennifer	60	Davis Aquatic Ma-38	6:54.71

## 2024 Pacific Masters Swimming LC Championship - 8/2/2024 to 8/4/2024

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**Women 60-64 400 LC Meter Freestyle**

NATL: 4:59.82 N 8/12/2012 LAURA VAL  
 WORLD: 4:53.58 W 6/11/2022 Lynn MARSHALL  
 PAC: 4:59.82 P 12/31/2012 Laura B Val

1	Carter, Monica	63	Sacramento Maste-38	5:52.87
2	Focha, Teresa	63	Albany Armada Aq-38	8:17.89
3	Kirsch, Eva	62	Cala Maritime Aq-38	9:37.10

**Women 60-64 800 LC Meter Freestyle Splits**

NATL: 10:18.82 N 6/18/2022 LYNN MARSHALL  
 WORLD: 10:06.23 W 2/11/2023 Lynn MARSHALL  
 PAC: 10:27.71 P 12/31/2011 Laura B Val

1	Quick, Sarah	60	North Bay Aquati-38	11:10.41
2	Couch, Stephanie	60	Menlo Masters-38	11:34.61
*3	Phalen, Jennifer	60	Davis Aquatic Ma-38	14:07.43
*3	Focha, Teresa	63	Albany Armada Aq-38	16:50.43

**Women 60-64 800 LC Meter Freestyle**

NATL: 10:18.82 N 6/18/2022 LYNN MARSHALL  
 WORLD: 10:06.23 W 2/11/2023 Lynn MARSHALL  
 PAC: 10:27.71 P 12/31/2011 Laura B Val

1	Ward, Lisa	60	Walnut Creek Mas-38	11:07.86
2	Carter, Monica	63	Sacramento Maste-38	12:03.74
3	Taylor, Catherine	61	Walnut Creek Mas-38	13:11.15
4	Kirsch, Eva	62	Cala Maritime Aq-38	19:27.29

**Women 60-64 1500 LC Meter Freestyle**

NATL: 19:23.70 N 6/18/2022 LYNN MARSHALL  
 WORLD: 19:23.70 W 6/18/2022 Lynn MARSHALL  
 PAC: 19:52.85 P 12/31/2011 Laura B Val

1	Quick, Sarah	60	North Bay Aquati-38	20:54.17
2	Ward, Lisa	60	Walnut Creek Mas-38	21:10.55
3	Couch, Stephanie	60	Menlo Masters-38	21:39.56
4	Taylor, Catherine	61	Walnut Creek Mas-38	25:27.57
5	Phalen, Jennifer	60	Davis Aquatic Ma-38	27:04.56
6	Schaezlein, Mary	60	University of Sa-38	29:07.44
7	Focha, Teresa	63	Albany Armada Aq-38	32:00.94

**Women 60-64 50 LC Meter Backstroke**

NATL: 33.38 N 8/5/2023 HOLLY GREEN  
 WORLD: 33.38 W 8/5/2023 Holly GREEN  
 PAC: 33.86 P 8/9/2015 Laura B Val

1	Ward, Lisa	60	Walnut Creek Mas-38	36.94
2	Oliver, April	63	North Bay Aquati-38	40.50
3	Russell, Jane	61	Davis Aquatic Ma-38	41.99
4	Knight-Williams, Valerie	61	Sacramento Maste-38	42.90
5	Nowack, Susan	64	Santa Rosa Maste-38	45.70
6	Valderrama, Deborah	61	University of Sa-38	56.91
7	Cobble, Michele	62	University of Sa-38	1:01.25
8	Sampiere-Prochnow, Susie	61	Marin Aquatic Ma-38	1:15.49

**Women 60-64 100 LC Meter Backstroke Splits**

NATL: 1:10.22 N 2/28/2024 ELLEN REYNOLDS  
 WORLD: 1:10.22 W 2/28/2024 Ellen REYNOLDS  
 PAC: 1:14.50 P 7/11/2018 Bonnie M Bilich

2	Couch, Stephanie	60	Menlo Masters-38	1:32.83
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**Women 60-64 100 LC Meter Backstroke**

NATL: 1:10.22 N 2/28/2024 ELLEN REYNOLDS  
 WORLD: 1:10.22 W 2/28/2024 Ellen REYNOLDS  
 PAC: 1:14.50 P 7/11/2018 Bonnie M Bilich

1	Ward, Lisa	60	Walnut Creek Mas-38	1:18.69
2	Nowack, Susan	64	Santa Rosa Maste-38	1:39.83
3	Crow, Joan	60	Davis Aquatic Ma-38	1:54.98
4	Focha, Teresa	63	Albany Armada Aq-38	2:01.31
5	Dunkle, Julie	63	Tvm Swimming-38	2:39.01
6	Sampiere-Prochnow, Susie	61	Marin Aquatic Ma-38	2:40.78

**Women 60-64 200 LC Meter Backstroke**

NATL: 2:30.58 N 2/27/2024 ELLEN REYNOLDS  
 WORLD: 2:30.58 W 2/27/2024 Ellen REYNOLDS  
 PAC: 2:41.57 P 8/8/2019 Bonnie M Bilich

1	Ward, Lisa	60	Walnut Creek Mas-38	2:47.67
2	Couch, Stephanie	60	Menlo Masters-38	3:08.09
3	Russell, Jane	61	Davis Aquatic Ma-38	3:20.61
4	Carter, Monica	63	Sacramento Maste-38	3:24.36
5	Nowack, Susan	64	Santa Rosa Maste-38	3:27.18
6	Taylor, Catherine	61	Walnut Creek Mas-38	3:40.50
7	Phalen, Jennifer	60	Davis Aquatic Ma-38	3:54.33
8	Focha, Teresa	63	Albany Armada Aq-38	4:04.99
9	Carroll, Leah	63	Albany Armada Aq-38	4:08.28

**Women 60-64 50 LC Meter Breaststroke**

NATL: 39.02 N 8/19/2016 BETH ESTEL  
 WORLD: 37.43 W 2/6/2022 Monica CORO'  
 PAC: 42.57 P 7/11/2018 Barbara C Wheeler

1	LaBerge, Karin	60	Tvm Swimming-38	46.81
2	Knight-Williams, Valerie	61	Sacramento Maste-38	49.36
3	Crow, Joan	60	Davis Aquatic Ma-38	50.77
4	Coffee, Cassandra	63	Tamalpais Aquati-38	55.08
5	Macleod, Pascale	60	University of Sa-38	1:00.65
6	Dunkle, Julie	63	Tvm Swimming-38	1:14.84

**Women 60-64 100 LC Meter Breaststroke**

NATL: 1:27.24 N 8/18/2016 BETH ESTEL  
 WORLD: 1:23.04 W 5/20/2022 Moncia CORO'  
 PAC: 1:29.39 P 7/10/2018 Bonnie M Bilich

1	Knight-Williams, Valerie	61	Sacramento Maste-38	1:45.80
2	Taylor, Catherine	61	Walnut Creek Mas-38	1:47.25
3	Phalen, Jennifer	60	Davis Aquatic Ma-38	1:48.10
4	Viscardi, Josie	60	Rolling Hills Mu-38	2:02.48
5	Carroll, Leah	63	Albany Armada Aq-38	2:04.56
6	Kirsch, Eva	62	Cala Maritime Aq-38	2:09.72
7	Macleod, Pascale	60	University of Sa-38	2:11.22
8	Cobble, Michele	62	University of Sa-38	2:35.30

**Women 60-64 200 LC Meter Breaststroke**

NATL: 3:00.11 N 3/2/2024 ELLEN REYNOLDS  
 WORLD: 3:00.11 W 3/2/2024 Ellen REYNOLDS  
 PAC: 3:20.45 P 7/21/2019 Bonnie M Bilich

1	LaBerge, Karin	60	Tvm Swimming-38	3:40.39
2	Phalen, Jennifer	60	Davis Aquatic Ma-38	3:44.94
3	Russell, Jane	61	Davis Aquatic Ma-38	3:48.54
4	Taylor, Catherine	61	Walnut Creek Mas-38	4:05.13
5	Carroll, Leah	63	Albany Armada Aq-38	4:27.68
6	Kirsch, Eva	62	Cala Maritime Aq-38	4:37.17

## 2024 Pacific Masters Swimming LC Championship - 8/2/2024 to 8/4/2024

## Results

**(Women 60-64 200 LC Meter Breaststroke)**

7	Macleod, Pascale	60	University of Sa-38	4:57.24
---	Knight-Williams, Valerie	61	Sacramento Maste-38	DQ

**Women 60-64 50 LC Meter Butterfly**

<b>NATL: 29.90 N 8/4/2023 HOLLY GREEN</b>				
<b>WORLD: 29.90 W 8/4/2023 Holly GREEN</b>				
<b>PAC: 32.27 P 12/31/2012 Laura B Val</b>				
1	Oliver, April	63	North Bay Aquati-38	35.43
2	Nowack, Susan	64	Santa Rosa Maste-38	39.35
3	Knight-Williams, Valerie	61	Sacramento Maste-38	47.37
4	Coffee, Cassandra	63	Tamalpais Aquati-38	47.96
5	Haskell, Rocio	61	Manatee Aquatic-38	54.66
6	Blatt, Lisa	62	University of Sa-38	57.35
7	Dunkle, Julie	63	Tvm Swimming-38	1:17.50

**Women 60-64 100 LC Meter Butterfly Splits**

<b>NATL: 1:12.06 N 8/4/2011 LAURA VAL</b>				
<b>WORLD: 1:12.06 W 8/4/2011 Laura VAL</b>				
<b>PAC: 1:12.06 P 12/31/2011 Laura B Val</b>				
1	Focha, Teresa	63	Albany Armada Aq-38	2:03.53

**Women 60-64 100 LC Meter Butterfly**

<b>NATL: 1:12.06 N 8/4/2011 LAURA VAL</b>				
<b>WORLD: 1:12.06 W 8/4/2011 Laura VAL</b>				
<b>PAC: 1:12.06 P 12/31/2011 Laura B Val</b>				
1	Ward, Lisa	60	Walnut Creek Mas-38	1:21.75
2	Russell, Jane	61	Davis Aquatic Ma-38	1:28.44
3	Nowack, Susan	64	Santa Rosa Maste-38	1:32.13
4	Couch, Stephanie	60	Menlo Masters-38	1:34.01
5	Valderrama, Deborah	61	University of Sa-38	1:54.18
*6	Viscardi, Josie	60	Rolling Hills Mu-38	1:57.80
*6	Phalen, Jennifer	60	Davis Aquatic Ma-38	1:57.80
8	Blatt, Lisa	62	University of Sa-38	2:14.09

**Women 60-64 200 LC Meter Butterfly**

<b>NATL: 2:41.03 N 8/6/2011 LAURA VAL</b>				
<b>WORLD: 2:41.03 W 8/6/2011 Laura VAL</b>				
<b>PAC: 2:41.03 P 12/31/2011 Laura B Val</b>				
1	Russell, Jane	61	Davis Aquatic Ma-38	3:29.01
2	Couch, Stephanie	60	Menlo Masters-38	3:37.53
3	Carter, Monica	63	Sacramento Maste-38	3:40.17
4	Carroll, Leah	63	Albany Armada Aq-38	4:04.41
5	Phalen, Jennifer	60	Davis Aquatic Ma-38	4:17.93
6	Focha, Teresa	63	Albany Armada Aq-38	4:39.32

**Women 60-64 200 LC Meter IM**

<b>NATL: 2:34.27 N 2/29/2024 ELLEN REYNOLDS</b>				
<b>WORLD: 2:34.27 W 2/29/2024 Ellen REYNOLDS</b>				
<b>PAC: 2:47.99 P 7/12/2013 Laura B Val</b>				
1	LaBerge, Karin	60	Tvm Swimming-38	3:10.28
2	Russell, Jane	61	Davis Aquatic Ma-38	3:15.04
3	Taylor, Catherine	61	Walnut Creek Mas-38	3:34.73
4	Carroll, Leah	63	Albany Armada Aq-38	4:10.76
5	Blatt, Lisa	62	University of Sa-38	4:26.91

**Women 60-64 400 LC Meter IM**

<b>NATL: 5:30.07 N 3/3/2024 ELLEN REYNOLDS</b>				
<b>WORLD: 5:30.07 W 3/3/2024 Ellen REYNOLDS</b>				
<b>PAC: 5:56.27 P 12/31/2011 Laura B Val</b>				
1	Couch, Stephanie	60	Menlo Masters-38	6:40.52
2	Carter, Monica	63	Sacramento Maste-38	7:16.07
3	Nichelman, Sherri	64	Walnut Creek Mas-38	7:32.47
4	Carroll, Leah	63	Albany Armada Aq-38	8:42.37
5	Focha, Teresa	63	Albany Armada Aq-38	8:48.23

**Women 65-69 50 LC Meter Freestyle**

<b>NATL: 29.10 N 8/3/2019 PENNY NOYES</b>				
<b>WORLD: 29.10 W 8/3/2019 Penny NOYES</b>				
<b>PAC: 29.17 P 7/29/2018 Laura B Val</b>				
1	Ogilvie, Carol	69	University of Sa-38	36.71
2	Buzolich, Marilyn	69	University of Sa-38	47.76
---	Hickel, Jessie	66	East Bay Bat Ray-38	DQ

**Women 65-69 100 LC Meter Freestyle**

<b>NATL: 1:04.89 N 7/30/2018 LAURA VAL</b>				
<b>WORLD: 1:04.89 W 7/30/2018 Laura VAL</b>				
<b>PAC: 1:04.89 P 7/30/2018 Laura B Val</b>				
1	Hickel, Jessie	66	East Bay Bat Ray-38	1:35.12

**Women 65-69 200 LC Meter Freestyle**

<b>NATL: 2:25.29 N 8/18/2016 LAURA VAL</b>				
<b>WORLD: 2:25.29 W 8/18/2016 Laura VAL</b>				
<b>PAC: 2:25.29 P 8/18/2016 Laura B Val</b>				
1	O'Brien, Charlene	68	Walnut Creek Mas-38	2:42.23
2	Ogilvie, Carol	69	University of Sa-38	3:03.20
3	Kaiser, Amy	65	University of Sa-38	3:21.42

**Women 65-69 200 LC Meter Freestyle Splits**

<b>NATL: 2:25.29 N 8/18/2016 LAURA VAL</b>				
<b>WORLD: 2:25.29 W 8/18/2016 Laura VAL</b>				
<b>PAC: 2:25.29 P 8/18/2016 Laura B Val</b>				
1	Heim-Bowen, Suzanne	66	Walnut Creek Mas-38	2:35.65

**Women 65-69 400 LC Meter Freestyle**

<b>NATL: 5:12.80 N 8/10/2019 LAURA VAL</b>				
<b>WORLD: 5:12.80 W 8/10/2019 Laura VAL</b>				
<b>PAC: 5:12.80 P 8/10/2019 Laura B Val</b>				
1	Neville, Cathy	67	San Diego Swim M-44	6:27.71
2	Ogilvie, Carol	69	University of Sa-38	6:27.73
3	Quinn, Phyllis	69	The Olympic Club-38	6:49.74
4	Kaiser, Amy	65	University of Sa-38	6:53.45

**Women 65-69 400 LC Meter Freestyle Splits**

<b>NATL: 5:12.80 N 8/10/2019 LAURA VAL</b>				
<b>WORLD: 5:12.80 W 8/10/2019 Laura VAL</b>				
<b>PAC: 5:12.80 P 8/10/2019 Laura B Val</b>				
1	Heim-Bowen, Suzanne	66	Walnut Creek Mas-38	5:32.15

**Women 65-69 800 LC Meter Freestyle**

<b>NATL: 10:49.60 N 7/15/2017 LAURA VAL</b>				
<b>WORLD: 10:49.60 W 7/15/2017 Laura VAL</b>				
<b>PAC: 10:49.60 P 7/15/2017 Laura B Val</b>				
1	O'Brien, Charlene	68	Walnut Creek Mas-38	11:30.71
2	Ogilvie, Carol	69	University of Sa-38	13:20.68
3	Quinn, Phyllis	69	The Olympic Club-38	13:57.86

## 2024 Pacific Masters Swimming LC Championship - 8/2/2024 to 8/4/2024

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**Women 65-69 800 LC Meter Freestyle Splits**

NATL: 10:49.60 N 7/15/2017 LAURA VAL

WORLD: 10:49.60 W 7/15/2017 Laura VAL

PAC: 10:49.60 P 7/15/2017 Laura B Val

1	Heim-Bowen, Suzanne	66	Walnut Creek Mas-38	11:10.43
2	Neville, Cathy	67	San Diego Swim M-44	13:25.81

**Women 65-69 1500 LC Meter Freestyle**

NATL: 20:41.53 N 7/21/2023 S HEIM-BOWEN

WORLD: 20:41.53 W 7/21/2023 S.HEIM-BOWEN

PAC: 20:41.53 P 7/21/2023 Suzanne M Heim-Bo

1	Heim-Bowen, Suzanne	66	Walnut Creek Mas-38	21:07.86
2	Neville, Cathy	67	San Diego Swim M-44	25:28.76
3	Quinn, Phyllis	69	The Olympic Club-38	26:04.37

**Women 65-69 50 LC Meter Backstroke**

NATL: 33.59 N 8/2/2018 LAURA VAL

WORLD: 33.59 W 8/2/2018 Laura VAL

PAC: 33.59 P 8/2/2018 Laura B Val

1	Lepinski, Cokie	65	Marin Aquatic Ma-38	44.90
2	Hickel, Jessie	66	East Bay Bat Ray-38	54.21
3	Buzolich, Marilyn	69	University of Sa-38	1:00.29

**Women 65-69 100 LC Meter Backstroke**

NATL: 1:14.49 N 7/31/2018 LAURA VAL

WORLD: 1:14.49 W 7/31/2018 Laura VAL

PAC: 1:14.49 P 7/31/2018 Laura B Val

1	O'Brien, Charlene	68	Walnut Creek Mas-38	1:33.45
2	Neville, Cathy	67	San Diego Swim M-44	1:50.05
3	Kaiser, Amy	65	University of Sa-38	2:01.48

**Women 65-69 200 LC Meter Backstroke**

NATL: 2:47.70 N 8/8/2019 LAURA VAL

WORLD: 2:47.70 W 8/8/2019 Laura VAL

PAC: 2:47.70 P 8/8/2019 Laura B Val

1	O'Brien, Charlene	68	Walnut Creek Mas-38	3:16.23
2	Quinn, Phyllis	69	The Olympic Club-38	3:40.75
3	Ogilvie, Carol	69	University of Sa-38	3:42.99
4	Hickel, Jessie	66	East Bay Bat Ray-38	3:45.38

**Women 65-69 100 LC Meter Breaststroke**

NATL: 1:32.24 N 8/10/2019 LO KNAPP

WORLD: 1:28.18 W 2/25/2023 Jenney WHITELEY

PAC: 1:40.69 P 12/31/2009 Daniela Barnea

1	Lepinski, Cokie	65	Marin Aquatic Ma-38	1:42.42
2	Hickel, Jessie	66	East Bay Bat Ray-38	2:04.81
3	Marrocco, Judy	69	University of Sa-38	2:58.33

**Women 65-69 200 LC Meter Breaststroke**

NATL: 3:19.03 N 8/4/2023 KAREN MAREB

WORLD: 3:12.63 W 6/17/2022 Amanda HEATH

PAC: 3:32.45 P 12/31/2009 Daniela Barnea

1	Quinn, Phyllis	69	The Olympic Club-38	4:15.04
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**Women 65-69 50 LC Meter Butterfly**

NATL: 32.36 N 8/7/2023 TRACI GRANGER

WORLD: 32.36 W 8/7/2023 Traci GRANGER

PAC: 32.36 P 8/7/2023 Traci S Granger

1	O'Brien, Charlene	68	Walnut Creek Mas-38	37.23
2	Neville, Cathy	67	San Diego Swim M-44	46.98
3	Kaiser, Amy	65	University of Sa-38	54.80

**Women 65-69 100 LC Meter Butterfly**

NATL: 1:13.70 N 8/18/2016 LAURA VAL

WORLD: 1:13.70 W 8/18/2016 Laura VAL

PAC: 1:13.70 P 8/18/2016 Laura B Val

1	O'Brien, Charlene	68	Walnut Creek Mas-38	1:27.27
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**Women 65-69 200 LC Meter IM**

NATL: 2:51.52 N 8/4/2019 PENNY NOYES

WORLD: 2:51.52 W 8/4/2019 Penny NOYES

PAC: 2:54.16 P 7/24/2016 Laura B Val

1	Ogilvie, Carol	69	University of Sa-38	3:33.43
2	Neville, Cathy	67	San Diego Swim M-44	3:50.27

**Women 65-69 400 LC Meter IM**

NATL: 6:14.58 N 7/19/2019 PENNY NOYES

WORLD: 6:14.58 W 7/19/2019 Penny NOYES

PAC: 6:15.15 P 7/19/2019 Laura B Val

1	Quinn, Phyllis	69	The Olympic Club-38	7:51.05
2	Neville, Cathy	67	San Diego Swim M-44	8:05.68

**Women 70-74 50 LC Meter Freestyle**

NATL: 30.73 N 10/9/2021 LAURA VAL

WORLD: 30.73 W 10/9/2021 Laura VAL

PAC: 30.73 P 10/10/2021 Laura B Val

1	Val, Laura	73	Tamalpais Aquati-38	31.80
2	Knapp, Lo	70	Swim Utah-34	33.90
3	Hepworth, Linda	71	Rolling Hills Mu-38	38.97
4	Guthrie, Sally	74	Sacramento Maste-38	39.82
5	Stringer, Nanette	72	University of Sa-38	40.18
6	Gill, Kathy	70	Davis Aquatic Ma-38	48.49
7	Cohn, Darcy	73	University of Sa-38	50.54
8	August, Susan	70	Marin Aquatic Ma-38	1:11.99

**Women 70-74 100 LC Meter Freestyle**

NATL: 1:06.68 N 8/6/2023 LAURA VAL

WORLD: 1:06.68 W 8/6/2023 Laura VAL

PAC: 1:06.68 P 8/6/2023 Laura B Val

1	Kessinger, Katy	70	Swim Utah-34	1:26.78
2	Stringer, Nanette	72	University of Sa-38	1:29.13
3	Hepworth, Linda	71	Rolling Hills Mu-38	1:30.88
4	Cohn, Darcy	73	University of Sa-38	2:02.21

**Women 70-74 200 LC Meter Freestyle**

NATL: 2:29.72 N 8/14/2022 LAURA VAL

WORLD: 2:29.72 W 8/14/2022 Laura VAL

PAC: 2:29.72 P 8/13/2022 Laura B Val

1	Kessinger, Katy	70	Swim Utah-34	3:08.25
2	Guthrie, Sally	74	Sacramento Maste-38	3:11.69
3	Hepworth, Linda	71	Rolling Hills Mu-38	3:17.74

**Women 70-74 400 LC Meter Freestyle**

NATL: 5:21.19 N 8/13/2022 LAURA VAL

WORLD: 5:21.19 W 8/13/2022 Laura VAL

PAC: 5:21.19 P 8/13/2022 Laura B Val

1	Val, Laura	73	Tamalpais Aquati-38	5:27.66
2	Willard, Mimi	71	Tamalpais Aquati-38	6:57.85

## 2024 Pacific Masters Swimming LC Championship - 8/2/2024 to 8/4/2024

## Results

**Women 70-74 400 LC Meter Freestyle Splits**

NATL: 5:21.19 N 8/13/2022 LAURA VAL

WORLD: 5:21.19 W 8/13/2022 Laura VAL

PAC: 5:21.19 P 8/13/2022 Laura B Val

1 Kessinger, Katy 70 Swim Utah-34 6:27.81

**Women 70-74 800 LC Meter Freestyle Splits**

NATL: 11:04.90 N 6/3/2023 CHRISTIE CIRAULO

WORLD: 11:04.90 W 6/3/2023 Christie CIRAULO

PAC: 11:11.89 P 10/7/2021 Laura B Val

1 Kessinger, Katy 70 Swim Utah-34 13:05.29

**Women 70-74 800 LC Meter Freestyle**

NATL: 11:04.90 N 6/3/2023 CHRISTIE CIRAULO

WORLD: 11:04.90 W 6/3/2023 Christie CIRAULO

PAC: 11:11.89 P 10/7/2021 Laura B Val

1 Kessinger, Katy 70 Swim Utah-34 12:56.77

2 Willard, Mimi 71 Tamalpais Aquati-38 14:32.63

**Women 70-74 1500 LC Meter Freestyle**

NATL: 21:02.79 N 8/2/2023 CHRISTIE CIRAULO

WORLD: 21:02.79 W 8/2/2023 Christie CIRAULO

PAC: 22:18.76 P 10/7/2021 Charlotte M Davis

1 Knapp, Lo 70 Swim Utah-34 22:53.41

2 Kessinger, Katy 70 Swim Utah-34 24:33.82

3 Guthrie, Sally 74 Sacramento Maste-38 25:58.30

**Women 70-74 50 LC Meter Backstroke**

NATL: 34.65 N 10/10/2021 LAURA VAL

WORLD: 34.65 W 10/10/2021 Laura VAL

PAC: 34.65 P 10/10/2021 Laura B Val

1 Val, Laura 73 Tamalpais Aquati-38 35.78

2 Hepworth, Linda 71 Rolling Hills Mu-38 48.45

3 Gill, Kathy 70 Davis Aquatic Ma-38 53.79

**Women 70-74 100 LC Meter Backstroke**

NATL: 1:16.27 N 8/4/2023 LAURA VAL

WORLD: 1:16.27 W 8/4/2023 Laura VAL

PAC: 1:16.27 P 8/4/2023 Laura B Val

1 Val, Laura 73 Tamalpais Aquati-38 1:19.07

2 Willard, Mimi 71 Tamalpais Aquati-38 1:46.18

3 Hepworth, Linda 71 Rolling Hills Mu-38 1:48.91

4 Thomas, Elaine 70 Mountain View Ma-38 2:05.69

**Women 70-74 200 LC Meter Backstroke**

NATL: 2:49.43 N 10/8/2021 LAURA VAL

WORLD: 2:49.43 W 10/8/2021 Laura VAL

PAC: 2:49.43 P 10/8/2021 Laura B Val

1 Taylor, Barbara 70 Kona Aquatics-39 3:36.61

2 Willard, Mimi 71 Tamalpais Aquati-38 3:43.13

3 Hepworth, Linda 71 Rolling Hills Mu-38 3:49.74

4 Gill, Kathy 70 Davis Aquatic Ma-38 4:18.93

**Women 70-74 50 LC Meter Breaststroke**

NATL: 43.19 N 8/3/2018 DANA BROWN

WORLD: 41.67 W 6/22/2014 Monika SENFTLEBEN

PAC: 45.45 P 10/10/2021 Charlotte M Davis

1 Knapp, Lo 70 Swim Utah-34 45.80

2 Cohn, Darcy 73 University of Sa-38 1:09.25

**Women 70-74 100 LC Meter Breaststroke**

NATL: 1:36.91 N 7/31/2021 CHARLOTTE DAVIS

WORLD: 1:35.93 W 10/2/2016 Nobuko YASUDA

PAC: 1:38.04 P 10/8/2021 Charlotte M Davis

1 Knapp, Lo 70 Swim Utah-34 1:36.97P

2 Cohn, Darcy 73 University of Sa-38 2:29.62

**Women 70-74 200 LC Meter Breaststroke**

NATL: 3:29.91 N 10/9/2021 CHARLOTTE DAVIS

WORLD: 3:29.25 W 7/15/2017 Nobuko YASUDA

PAC: 3:29.91 P 10/9/2021 Charlotte M Davis

1 Knapp, Lo 70 Swim Utah-34 3:33.65

2 Kessinger, Katy 70 Swim Utah-34 4:13.35

3 Cohn, Darcy 73 University of Sa-38 5:22.16

**Women 70-74 50 LC Meter Butterfly**

NATL: 34.43 N 1/19/2024 PENNY NOYES

WORLD: 34.43 W 1/19/2024 Penny NOYES

PAC: 34.68 P 7/23/2023 Laura B Val

1 Val, Laura 73 Tamalpais Aquati-38 35.82

2 Guthrie, Sally 74 Sacramento Maste-38 48.62

3 Palmer, Teddy 70 Walnut Creek Mas-38 1:01.43

**Women 70-74 100 LC Meter Butterfly**

NATL: 1:16.07 N 10/8/2021 LAURA VAL

WORLD: 1:16.07 W 10/8/2021 Laura VAL

PAC: 1:16.07 P 10/8/2021 Laura B Val

1 Val, Laura 73 Tamalpais Aquati-38 1:22.33

2 Taylor, Barbara 70 Kona Aquatics-39 1:49.76

3 Guthrie, Sally 74 Sacramento Maste-38 1:54.49

**Women 70-74 200 LC Meter Butterfly**

NATL: 3:12.76 N 1/19/2024 PENNY NOYES

WORLD: 3:12.76 W 1/19/2024 Penny NOYES

PAC: 3:47.65 P 6/29/2014 Daniela Barnea

1 Guthrie, Sally 74 Sacramento Maste-38 4:27.51

**Women 70-74 200 LC Meter IM**

NATL: 3:00.96 N 8/1/2021 LAURA VAL

WORLD: 3:00.96 W 8/1/2021 Laura VAL

PAC: 3:00.96 P 7/31/2021 Laura B Val

1 Willard, Mimi 71 Tamalpais Aquati-38 4:05.45

2 Cohn, Darcy 73 University of Sa-38 5:13.64

**Women 70-74 400 LC Meter IM**

NATL: 6:57.34 N 8/7/2022 S LOFTUS-CHARLEY

WORLD: 6:45.75 W 5/28/2023 Laura VACA

PAC: 7:32.26 P 6/28/2014 Daniela Barnea

1 Willard, Mimi 71 Tamalpais Aquati-38 8:46.89

**Women 75-79 50 LC Meter Freestyle**

NATL: 34.11 N 10/8/2021 DIANN UUSTAL

WORLD: 34.11 W 10/8/2021 Diann UUSTAL

PAC: 36.17 P 8/8/2023 Ruth Y Shaps

1 Reedy, Peggy 78 Davis Aquatic Ma-38 45.33

2 Caso, Susie 78 Manatee Aquatic-38 50.66

3 Pashelinsky, Erin 77 University of Sa-38 54.78

4 Ewing, Nancy 77 Albany Armada Aq-38 57.17

5 Campbell, Martha 76 University of Sa-38 1:03.44

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**Women 75-79 100 LC Meter Freestyle**

<b>NATL:</b>	1:17.38 N 10/9/2021	<b>DIANN UUSTAL</b>	
<b>WORLD:</b>	1:17.38 W 10/9/2021	<b>Diann UUSTAL</b>	
<b>PAC:</b>	1:21.75 P 8/6/2023	<b>Ruth Y Shaps</b>	
1	Shaps, Ruth	77 Manatee Aquatic-38	1:26.03
2	Pashelinsky, Erin	77 University of Sa-38	1:58.06
3	Caso, Susie	78 Manatee Aquatic-38	1:58.64
4	Tevis, Maggie	76 Rolling Hills Mu-38	2:01.41

**Women 75-79 200 LC Meter Freestyle**

<b>NATL:</b>	2:56.07 N 8/6/2022	<b>DIANN UUSTAL</b>	
<b>WORLD:</b>	2:54.26 W 9/27/2013	<b>Yoshiko OSAKI</b>	
<b>PAC:</b>	3:08.87 P 8/7/2023	<b>Ruth Y Shaps</b>	
1	Shaps, Ruth	77 Manatee Aquatic-38	3:15.46
2	Caso, Susie	78 Manatee Aquatic-38	4:24.73

**Women 75-79 400 LC Meter Freestyle**

<b>NATL:</b>	6:27.04 N 8/21/2021	<b>DIANN UUSTAL</b>	
<b>WORLD:</b>	6:12.25 W 7/12/2013	<b>Yoshiko OSAKI</b>	
<b>PAC:</b>	6:37.57 P 6/17/2023	<b>Ruth Y Shaps</b>	
1	Pashelinsky, Erin	77 University of Sa-38	9:18.11

**Women 75-79 1500 LC Meter Freestyle**

<b>NATL:</b>	26:00.10 N 8/2/2023	<b>MARCIA BARRY</b>	
<b>WORLD:</b>	24:41.76 W 3/3/2006	<b>Jane ASHER</b>	
<b>PAC:</b>	28:09.74 P 7/29/2022	<b>Stephanie I Scott</b>	
1	Shaps, Ruth	77 Manatee Aquatic-38	25:55.26N
2	Scott, Stephanie	77 Walnut Creek Mas-38	29:09.64
3	Dutro, Cynthia	76 Menlo Masters-38	30:02.68

**Women 75-79 50 LC Meter Backstroke**

<b>NATL:</b>	40.08 N 10/9/2021	<b>DIANN UUSTAL</b>	
<b>WORLD:</b>	40.08 W 10/9/2021	<b>Diann UUSTAL</b>	
<b>PAC:</b>	49.98 P 12/31/1999	<b>Margery Meyer</b>	
1	Shaps, Ruth	77 Manatee Aquatic-38	47.74P
2	Reedy, Peggy	78 Davis Aquatic Ma-38	1:03.16
3	Tevis, Maggie	76 Rolling Hills Mu-38	1:07.14
4	Pashelinsky, Erin	77 University of Sa-38	1:11.54

**Women 75-79 100 LC Meter Backstroke**

<b>NATL:</b>	1:28.67 N 10/10/2021	<b>DIANN UUSTAL</b>	
<b>WORLD:</b>	1:28.67 W 10/10/2021	<b>Diann UUSTAL</b>	
<b>PAC:</b>	1:45.85 P 6/17/2023	<b>Ruth Y Shaps</b>	
1	Shaps, Ruth	77 Manatee Aquatic-38	1:46.07
2	Pashelinsky, Erin	77 University of Sa-38	2:41.30

**Women 75-79 50 LC Meter Breaststroke**

<b>NATL:</b>	47.10 N 7/19/2014	<b>JOANN LEILICH</b>	
<b>WORLD:</b>	43.95 W 3/6/2010	<b>Shoko YONEZAWA</b>	
<b>PAC:</b>	47.25 P 7/21/2019	<b>Daniela Barnea</b>	
1	Caso, Susie	78 Manatee Aquatic-38	1:02.91
2	Pashelinsky, Erin	77 University of Sa-38	1:28.33

**Women 75-79 100 LC Meter Breaststroke**

<b>NATL:</b>	1:42.18 N 8/15/2014	<b>JOANN LEILICH</b>	
<b>WORLD:</b>	1:38.81 W 3/6/2010	<b>Shoko YONEZAWA</b>	
<b>PAC:</b>	1:44.40 P 7/20/2019	<b>Daniela Barnea</b>	
1	Caso, Susie	78 Manatee Aquatic-38	2:22.70
---	Ewing, Nancy	77 Albany Armada Aq-38	DQ

**Women 75-79 200 LC Meter Breaststroke**

<b>NATL:</b>	3:40.84 N 7/19/2014	<b>JOANN LEILICH</b>	
<b>WORLD:</b>	3:40.84 W 7/19/2014	<b>Joann LEILICH</b>	
<b>PAC:</b>	3:48.31 P 8/17/2019	<b>Daniela Barnea</b>	
1	Caso, Susie	78 Manatee Aquatic-38	5:12.01

**Women 75-79 400 LC Meter IM**

<b>NATL:</b>	7:47.11 N 7/19/2019	<b>DANIELA BARNEA</b>	
<b>WORLD:</b>	7:35.32 W 3/3/2024	<b>Brigitte MERTEN</b>	
<b>PAC:</b>	7:47.11 P 7/19/2019	<b>Daniela Barnea</b>	
1	Dutro, Cynthia	76 Menlo Masters-38	9:29.44
2	Scott, Stephanie	77 Walnut Creek Mas-38	9:42.32

**Women 80-84 50 LC Meter Freestyle**

<b>NATL:</b>	38.64 N 3/7/2009	<b>GAIL ROPER</b>	
<b>WORLD:</b>	36.61 W 7/15/2018	<b>Yoshiko OSAKI</b>	
<b>PAC:</b>	42.29 P 12/31/2002	<b>Margery Meyer</b>	
1	Ridout, Nancy	82 Tamalpais Aquati-38	54.88
2	Chaitkin, Lauren	80 University of Sa-38	1:03.41

**Women 80-84 100 LC Meter Freestyle Splits**

<b>NATL:</b>	1:27.55 N 3/7/2009	<b>GAIL ROPER</b>	
<b>WORLD:</b>	1:23.16 W 7/14/2018	<b>Yoshiko OSAKI</b>	
<b>PAC:</b>	1:37.78 P 12/31/2002	<b>Margery Meyer</b>	
1	Barnea, Daniela	80 Menlo Masters-38	1:50.73

**Women 80-84 100 LC Meter Freestyle**

<b>NATL:</b>	1:27.55 N 3/7/2009	<b>GAIL ROPER</b>	
<b>WORLD:</b>	1:23.16 W 7/14/2018	<b>Yoshiko OSAKI</b>	
<b>PAC:</b>	1:37.78 P 12/31/2002	<b>Margery Meyer</b>	
1	Mc Partland, Peg	82 Manatee Aquatic-38	2:04.84
2	Ridout, Nancy	82 Tamalpais Aquati-38	2:12.46
3	Chaitkin, Lauren	80 University of Sa-38	2:17.23

**Women 80-84 200 LC Meter Freestyle Splits**

<b>NATL:</b>	3:27.26 N 6/10/2007	<b>JEAN TROY</b>	
<b>WORLD:</b>	3:05.95 W 9/20/2019	<b>Yoshiko OSAKI</b>	
<b>PAC:</b>	3:37.14 P 12/31/2003	<b>Margery Meyer</b>	
1	Barnea, Daniela	80 Menlo Masters-38	3:49.84

**Women 80-84 200 LC Meter Freestyle**

<b>NATL:</b>	3:27.26 N 6/10/2007	<b>JEAN TROY</b>	
<b>WORLD:</b>	3:05.95 W 9/20/2019	<b>Yoshiko OSAKI</b>	
<b>PAC:</b>	3:37.14 P 12/31/2003	<b>Margery Meyer</b>	
1	Mc Partland, Peg	82 Manatee Aquatic-38	4:29.81
2	Chaitkin, Lauren	80 University of Sa-38	4:48.38

**Women 80-84 400 LC Meter Freestyle**

<b>NATL:</b>	7:24.53 N 6/10/2007	<b>JEAN TROY</b>	
<b>WORLD:</b>	6:39.90 W 5/5/2012	<b>Jane ASHER</b>	
<b>PAC:</b>	7:38.37 P 12/31/2002	<b>Margery Meyer</b>	
1	Mc Partland, Peg	82 Manatee Aquatic-38	9:21.41

**Women 80-84 50 LC Meter Backstroke**

<b>NATL:</b>	46.39 N 3/29/2002	<b>BUNNY CEDERLUND</b>	
<b>WORLD:</b>	43.04 W 3/11/2023	<b>Satoko TAKEUJI</b>	
<b>PAC:</b>	49.40 P 8/18/2002	<b>Margery Meyer</b>	
1	Mc Partland, Peg	82 Manatee Aquatic-38	58.80
2	Chaitkin, Lauren	80 University of Sa-38	1:09.07

## 2024 Pacific Masters Swimming LC Championship - 8/2/2024 to 8/4/2024

## Results

**Women 80-84 100 LC Meter Backstroke**

NATL:	1:46.16 N 7/1/2023	JOY WARD	
WORLD:	1:39.25 W 5/29/2023	E.KETELSEN	
PAC:	2:01.67 P 12/31/1999	Marjorie Sharpe	
1	Chaitkin, Lauren	80 University of Sa-38	2:33.62
---	Mc Partland, Peg	82 Manatee Aquatic-38	DQ

**Women 80-84 200 LC Meter Backstroke**

NATL:	3:51.50 N 6/12/2022	JOY WARD	
WORLD:	3:32.61 W 6/4/2023	Noriko YOSHIDA	
PAC:	4:18.32 P 7/23/2016	Miek Mc Cubbin	
1	Mc Partland, Peg	82 Manatee Aquatic-38	4:50.20
2	Chaitkin, Lauren	80 University of Sa-38	5:16.50

**Women 80-84 50 LC Meter Breaststroke Splits**

NATL:	51.37 N 8/11/2018	ANNE WILLIAMS	
WORLD:	46.94 W 6/2/2023	Diane FORD	
PAC:	53.40 P 12/31/2011	Ann M Hirsch	
1	Barnea, Daniela	80 Menlo Masters-38	53.68

**Women 80-84 100 LC Meter Breaststroke**

NATL:	1:49.04 N 7/20/2019	JOANN LEILICH	
WORLD:	1:43.90 W 6/3/2023	Diane FORD	
PAC:	1:57.17 P 12/31/2011	Ann M Hirsch	
1	Barnea, Daniela	80 Menlo Masters-38	1:54.65P

**Women 80-84 200 LC Meter Breaststroke**

NATL:	3:59.55 N 7/21/2019	JOANN LEILICH	
WORLD:	3:51.53 W 6/4/2023	Diane FORD	
PAC:	4:17.64 P 12/31/2011	Ann M Hirsch	
1	Barnea, Daniela	80 Menlo Masters-38	4:14.99P

**Women 80-84 100 LC Meter Butterfly**

NATL:	2:06.55 N 5/21/2004	LOIS NOCHMAN	
WORLD:	1:52.70 W 2/29/2024	Judy WILSON	
PAC:	2:27.91 P 12/31/1994	Jean Durston	
1	Barnea, Daniela	80 Menlo Masters-38	1:53.99N

**Women 80-84 200 LC Meter Butterfly**

NATL:	4:34.86 N 5/22/2004	LOIS NOCHMAN	
WORLD:	4:15.19 W 7/14/2012	Judie OLIVER	
PAC:	5:24.52 P 12/31/1994	Jean Durston	
1	Barnea, Daniela	80 Menlo Masters-38	4:14.92W

**Women 80-84 200 LC Meter IM**

NATL:	4:05.75 N 5/27/2023	JOY WARD	
WORLD:	3:53.63 W 8/17/2017	Katharina FLORA	
PAC:	4:18.27 P 12/31/2011	Ann M Hirsch	
1	Barnea, Daniela	80 Menlo Masters-38	3:48.17W

**Women 80-84 400 LC Meter IM**

NATL:	9:12.87 N 7/1/2023	JOY WARD	
WORLD:	8:21.88 W 1/30/2011	Jane ASHER	
PAC:	10:08.13 P 12/31/1995	Jean Durston	
1	Barnea, Daniela	80 Menlo Masters-38	8:11.16W
2	Stretch, Nancy	84 The Olympic Club-38	10:54.85

**Women 85-89 50 LC Meter Freestyle**

NATL:	44.97 N 7/15/2012	JEAN TROY	
WORLD:	38.89 W 8/8/2023	Yoshiko OSAKI	
PAC:	46.72 P 12/31/2009	Margery Meyer	
1	Hagiwara, Tanako	86 University of Sa-38	1:16.80

**Women 85-89 100 LC Meter Freestyle**

NATL:	1:43.68 N 6/9/2012	JEAN TROY	
WORLD:	1:27.42 W 8/6/2023	Yoshiko OSAKI	
PAC:	1:48.02 P 12/31/2007	Margery Meyer	
1	Hagiwara, Tanako	86 University of Sa-38	2:57.59

**Women 85-89 200 LC Meter Freestyle**

NATL:	3:49.67 N 7/14/2012	JEAN TROY	
WORLD:	3:14.51 W 8/7/2023	Yoshiko OSAKI	
PAC:	3:56.11 P 12/31/2007	Margery Meyer	
1	Morton, Judith	85 Walnut Creek Mas-38	6:16.31
2	Hagiwara, Tanako	86 University of Sa-38	6:16.34

**Women 85-89 400 LC Meter Freestyle**

NATL:	8:06.04 N 7/15/2012	JEAN TROY	
WORLD:	7:03.60 W 10/15/2016	Jane ASHER	
PAC:	8:14.05 P 12/31/2007	Margery Meyer	
1	Morton, Judith	85 Walnut Creek Mas-38	13:26.01

**Women 85-89 50 LC Meter Backstroke**

NATL:	51.81 N 7/7/2012	BETTY LORENZI	
WORLD:	47.23 W 9/18/2023	Yoshiko OSAKI	
PAC:	58.34 P 12/31/2008	Margery Meyer	
1	Hagiwara, Tanako	86 University of Sa-38	1:46.69

**Women 85-89 100 LC Meter Backstroke**

NATL:	1:53.28 N 3/10/2012	BETTY LORENZI	
WORLD:	1:45.27 W 6/30/2019	Katharina FLORA	
PAC:	2:15.50 P 12/31/2002	Marjorie Sharpe	
1	Morton, Judith	85 Walnut Creek Mas-38	3:11.53

**Women 85-89 200 LC Meter Backstroke**

NATL:	4:01.09 N 3/9/2013	BETTY LORENZI	
WORLD:	3:43.27 W 8/13/2019	Katharina FLORA	
PAC:	4:44.76 P 12/31/2002	Marjorie Sharpe	
1	Morton, Judith	85 Walnut Creek Mas-38	6:42.59

**Women 85-89 100 LC Meter Butterfly**

NATL:	2:20.89 N 2/29/2024	MARY ANN CASE	
WORLD:	2:01.26 W 11/9/2019	Katharina FLORA	
PAC:	2:39.43 P 12/31/2000	Jean Durston	
1	Morton, Judith	85 Walnut Creek Mas-38	4:18.37

**Women 85-89 200 LC Meter Butterfly**

NATL:	5:07.64 N 7/25/2009	LOIS KIVI NOCHMAN	
WORLD:	5:07.64 W 7/25/2009	Lois Kivi NOCHMAN	
PAC:	5:49.75 P 12/31/1999	Jean Durston	
1	Morton, Judith	85 Walnut Creek Mas-38	8:59.15

**Men 18-24 50 LC Meter Freestyle**

NATL:	21.78 N 7/1/2012	JOSH SCHNEIDER	
PAC:	23.62 P 8/3/2017	Alex Ngan	
1	Southern, Drake	24 Tvm Swimming-38	24.82
2	Waterson, Alexander	19 Davis Aquatic Ma-38	26.91
3	Hernandez, Clapton	22 SF Tsunami Maste-38	30.56

**Men 18-24 100 LC Meter Freestyle**

NATL:	48.45 N 6/16/2021	COLEMAN STEWART	
PAC:	53.35 P 8/7/2013	Kevin Ferguson	
1	Waterson, Alexander	19 Davis Aquatic Ma-38	1:02.37
2	Hernandez, Clapton	22 SF Tsunami Maste-38	1:06.97
3	Lipina, Alexander	23 Walnut Creek Mas-38	1:13.31



## 2024 Pacific Masters Swimming LC Championship - 8/2/2024 to 8/4/2024

## Results

**Men 18-24 200 LC Meter Freestyle**

NATL: 1:52.74 N 8/16/1998 JOE TRISTAN

PAC: 1:56.99 P 12/31/1989 Tony Batis

1	Weiderman, Cole	23	Conejo Valley Ma-33	2:03.49
2	Lopez, Samuel	24	University of Sa-38	2:23.16

**Men 18-24 400 LC Meter Freestyle Splits**

NATL: 4:04.68 N 8/13/2007 HYUN SEUNG LEE

PAC: 4:08.73 P 12/31/1995 Brad Winsor

1	Weiderman, Cole	23	Conejo Valley Ma-33	4:18.51
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**Men 18-24 800 LC Meter Freestyle**

NATL: 8:44.80 N 8/6/2015 RYAN ROSENBAUM

PAC: 8:47.65 P 12/31/1995 Brad Winsor

1	Ridosko, Nathanael	19	Tri Valley Aquat-38	8:35.60N
2	Weiderman, Cole	23	Conejo Valley Ma-33	8:47.17P

**Men 18-24 1500 LC Meter Freestyle**

NATL: 16:58.37 N 8/7/2013 JACOB JEZEK

PAC: 17:12.53 P 12/31/1995 Brad Winsor

1	Weiderman, Cole	23	Conejo Valley Ma-33	16:48.70N
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**Men 18-24 50 LC Meter Backstroke**

NATL: 26.91 N 8/15/2005 DAVE ROLLINS

PAC: 27.51 P 12/31/2008 John McCallen

1	Waterson, Alexander	19	Davis Aquatic Ma-38	32.65
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**Men 18-24 100 LC Meter Backstroke**

NATL: 53.61 N 6/27/2012 EUGENE GODSOE

PAC: 1:00.39 P 8/7/2013 Wilfred R Garcia

1	Southern, Drake	24	Tvm Swimming-38	1:05.85
2	Iacobacci, Raymond	21	UC38	1:08.99

**Men 18-24 50 LC Meter Breaststroke**

NATL: 28.87 N 8/15/2005 DAVE ROLLINS

PAC: 30.60 P 12/31/2008 Rick Eddy

1	Waterson, Alexander	19	Davis Aquatic Ma-38	34.29
2	Sasano, Alec	22	UC38	35.42

**Men 18-24 100 LC Meter Breaststroke**

NATL: 1:00.68 N 8/25/2016 JACOB MONTAGUE

PAC: 1:03.35 P 12/31/2012 BJ Johnson

---	Lipina, Alexander	23	Walnut Creek Mas-38	DQ
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**Men 18-24 200 LC Meter Breaststroke**

NATL: 2:11.10 N 6/29/2012 ELLIOT KEEFER

PAC: 2:18.83 P 11/17/2011 BJ Johnson

1	Lopez, Samuel	24	University of Sa-38	3:15.50
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**Men 18-24 50 LC Meter Butterfly**

NATL: 24.20 N 8/8/2014 THOMAS SHIELDS

PAC: 24.20 P 8/10/2014 Thomas A Shields

1	Iacobacci, Raymond	21	UC38	28.61
2	Waterson, Alexander	19	Davis Aquatic Ma-38	29.44
3	Sasano, Alec	22	UC38	29.91
4	Lopez, Samuel	24	University of Sa-38	30.25
5	Hernandez, Clapton	22	SF Tsunami Maste-38	32.31

**Men 18-24 100 LC Meter Butterfly**

NATL: 51.29 N 8/8/2014 THOMAS SHIELDS

PAC: 51.29 P 8/8/2014 Thomas A Shields

1	Scanlon, Luke	21	Tri Valley Aquat-38	1:02.29
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---	Lipina, Alexander	23	Walnut Creek Mas-38	DQ
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**Men 18-24 200 LC Meter IM**

NATL: 2:05.80 N 6/30/2016 JACOB MONTAGUE

PAC: 2:01.72 P 6/30/2016 Adam J Hinshaw

1	Weiderman, Cole	23	Conejo Valley Ma-33	2:22.17
2	Iacobacci, Raymond	21	UC38	2:27.63
3	Sasano, Alec	22	UC38	2:30.99
4	Lopez, Samuel	24	University of Sa-38	2:42.69
5	Waterson, Alexander	19	Davis Aquatic Ma-38	2:46.01

**Men 18-24 400 LC Meter IM**

NATL: 4:44.53 N 8/21/2010 PETER GALAN

PAC: 4:48.56 P 12/31/1992 Greg Mackem

1	Xu, D Michael	23	Stanford Masters-38	6:20.88
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**Men 25-29 50 LC Meter Freestyle**

NATL: 21.69 N 8/10/2014 NATHAN ADRIAN

WORLD: 22.30 W 2/18/2017 A.LIUKKONEN

PAC: 21.69 P 8/10/2014 Nathan Adrian

1	Poppe, Hank	26	The Olympic Club-38	25.51
2	Enright, Jackson	25	University of Sa-38	26.41
3	Chow, Jonathan	29	SF Tsunami Maste-38	26.45
4	Chen, Richard	29	UC38	27.10
5	Hayes, Andrew	29	SF Tsunami Maste-38	28.59
6	Dwarakanath, Surya	27	SF Tsunami Maste-38	31.10
7	Taniguchi, Marc	28	SF Tsunami Maste-38	32.74

**Men 25-29 100 LC Meter Freestyle**

NATL: 47.96 N 6/27/2017 NATHAN ADRIAN

WORLD: 48.72 W 5/26/2023 Vladislav GRINEV

PAC: 47.96 P 7/1/2017 Nathan Adrian

1	Kubick, Dylan	29	University of Sa-38	54.53
2	Enright, Jackson	25	University of Sa-38	57.70
3	Whittle, Matthew	28	The Olympic Club-38	58.95
4	Chow, Jonathan	29	SF Tsunami Maste-38	59.45
5	Hayes, Andrew	29	SF Tsunami Maste-38	1:04.80
6	Yue, Justin	27	SF Tsunami Maste-38	1:09.65
7	Dwarakanath, Surya	27	SF Tsunami Maste-38	1:10.95
8	Taniguchi, Marc	28	SF Tsunami Maste-38	1:12.35

**Men 25-29 200 LC Meter Freestyle**

NATL: 1:50.69 N 6/26/2013 ALEX WOLD

WORLD: 1:50.76 W 8/16/2017 D.DURANGO

PAC: 1:50.69 P 6/25/2013 Alex Wold

1	Kubick, Dylan	29	University of Sa-38	2:02.09
2	Cho, Andrew	26	Swim Fremont Gle-38	2:26.29

**Men 25-29 400 LC Meter Freestyle Splits**

NATL: 3:55.01 N 6/28/2013 ALEX WOLD

WORLD: 4:00.96 W 6/5/2022 Alexander FEDOROV

PAC: 3:55.01 P 6/28/2013 Alex Wold

1	Dwarakanath, Surya	27	SF Tsunami Maste-38	7:02.16
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**Men 25-29 800 LC Meter Freestyle**

NATL: 8:24.46 N 8/12/2022 DAVID HERON

WORLD: 8:24.46 W 8/12/2022 David HERON

PAC: 8:35.91 P 12/31/1994 Chip L Hobson

1	Dwarakanath, Surya	27	SF Tsunami Maste-38	14:17.46
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## 2024 Pacific Masters Swimming LC Championship - 8/2/2024 to 8/4/2024

## Results

**Men 25-29 1500 LC Meter Freestyle**

NATL: 15:49.04 N 8/12/2022 DAVID HERON  
 WORLD: 15:49.04 W 8/12/2022 David HERON  
 PAC: 16:28.69 P 12/31/1987 Cameron D Reid

1 Goard, Andrew 29 University of Sa-38 20:19.66

**Men 25-29 50 LC Meter Backstroke**

NATL: 26.05 N 5/22/2011 ADAM MANIA  
 WORLD: 25.44 W 4/3/2016 Anton BUTYMOV  
 PAC: 27.34 P 4/24/2017 Andrew Saeta

1 Kubick, Dylan 29 University of Sa-38 27.90  
 2 Poppe, Hank 26 The Olympic Club-38 30.03  
 3 Whittle, Matthew 28 The Olympic Club-38 31.93  
 4 Chow, Jonathan 29 SF Tsunami Maste-38 32.27  
 5 Hayes, Andrew 29 SF Tsunami Maste-38 34.40  
 6 Yue, Justin 27 SF Tsunami Maste-38 40.68

**Men 25-29 100 LC Meter Backstroke**

NATL: 55.15 N 8/3/2011 ADAM MANIA  
 WORLD: 55.09 W 11/21/2021 Ryota MAEJIMA  
 PAC: 56.55 P 7/23/2023 Andy Song

1 Arvidsson, Karl 26 The Olympic Club-38 1:05.93  
 2 Ciano, Robert 25 UC38 1:09.57

**Men 25-29 200 LC Meter Backstroke**

NATL: 2:03.61 N 6/24/2017 HAYES JOHNSON  
 WORLD: 2:02.76 W 4/26/2019 Dmitril GORBUNOV  
 PAC: 2:12.40 P 7/15/2017 Peter R Kline

1 Whittle, Matthew 28 The Olympic Club-38 2:36.78

**Men 25-29 50 LC Meter Breaststroke**

NATL: 27.83 N 8/13/2022 PAVEL ROMANOV  
 WORLD: 27.21 W 4/18/2021 Kirill STRELNIKOV  
 PAC: 28.70 P 4/26/2017 Colin B Babcock

1 Arvidsson, Karl 26 The Olympic Club-38 31.16

**Men 25-29 100 LC Meter Breaststroke**

NATL: 1:00.68 N 6/28/2013 BJ JOHNSON  
 WORLD: 1:00.39 W 4/16/2021 Kirill STRELNIKOV  
 PAC: 1:00.68 P 6/25/2013 BJ Johnson

1 Poppe, Hank 26 The Olympic Club-38 1:09.25  
 2 Taniguchi, Marc 28 SF Tsunami Maste-38 1:25.31  
 3 Yue, Justin 27 SF Tsunami Maste-38 1:29.93

**Men 25-29 50 LC Meter Butterfly**

NATL: 23.71 N 8/16/2008 KOHEI KAWAMOTO  
 WORLD: 23.71 W 8/16/2008 Kohei KAWAMOTO  
 PAC: 23.90 P 7/1/2017 Thomas A Shields

1 Arvidsson, Karl 26 The Olympic Club-38 26.85  
 2 Ciano, Robert 25 UC38 29.69  
 3 Dwarakanath, Surya 27 SF Tsunami Maste-38 40.97

**Men 25-29 100 LC Meter Butterfly**

NATL: 51.20 N 7/2/2016 THOMAS SHIELDS  
 WORLD: 53.09 W 8/15/2008 Kohei KAWAMOTO  
 PAC: 51.20 P 7/2/2016 Thomas A Shields

1 Poppe, Hank 26 The Olympic Club-38 1:00.32  
 2 Whittle, Matthew 28 The Olympic Club-38 1:04.34

**Men 25-29 200 LC Meter IM**

NATL: 2:04.40 N 7/14/2013 ADAM RITTER  
 WORLD: 2:03.62 W 4/28/2019 Dmitril GORBUNOV  
 PAC: 2:07.67 P 4/22/2017 Colin B Babcock

1 Kubick, Dylan 29 University of Sa-38 2:17.51  
 2 Arvidsson, Karl 26 The Olympic Club-38 2:18.12  
 3 Ciano, Robert 25 UC38 2:31.99  
 4 Dwarakanath, Surya 27 SF Tsunami Maste-38 3:21.89

**Men 30-34 50 LC Meter Freestyle**

NATL: 21.55 N 8/10/2014 ANTHONY ERVIN  
 WORLD: 22.13 W 7/13/2013 Roland SCHOEMAN  
 PAC: 21.55 P 8/10/2014 Anthony L Ervin

1 Tan, Daniel 32 SF Tsunami Maste-38 24.33  
 2 Shaffer, Luke 30 Davis Aquatic Ma-38 26.10  
 3 Christensen, Jon 34 University of Sa-38 26.59  
 4 Barton, Andrew 31 University of Sa-38 27.37  
 5 Jones, Austin 33 SF Tsunami Maste-38 28.48  
 6 Peacock, Kai 32 SF Tsunami Maste-38 28.97  
 7 Gu, Yue Shen 31 Walnut Creek Mas-38 29.20  
 8 Burlet, Edouard 31 SF Tsunami Maste-38 30.48  
 9 Ivan, David 32 University of Sa-38 32.75

**Men 30-34 100 LC Meter Freestyle**

NATL: 48.71 N 8/6/2014 ANTHONY ERVIN  
 WORLD: 49.80 W 7/23/2016 Darian TOWNSEND  
 PAC: 48.71 P 8/6/2014 Anthony L Ervin

1 Tan, Daniel 32 SF Tsunami Maste-38 54.76  
 2 Keshmiri, Armon 31 San Jose Clownfi-38 57.73  
 3 Shaffer, Luke 30 Davis Aquatic Ma-38 59.24  
 4 Barton, Andrew 31 University of Sa-38 1:00.55  
 5 Jones, Austin 33 SF Tsunami Maste-38 1:03.12  
 6 Glomstad, William 30 Walnut Creek Mas-38 1:05.34  
 7 Peacock, Kai 32 SF Tsunami Maste-38 1:05.57  
 8 Kos, Ian 30 University of Sa-38 1:06.82  
 9 Burlet, Edouard 31 SF Tsunami Maste-38 1:07.84  
 10 Ivan, David 32 University of Sa-38 1:17.05

**Men 30-34 100 LC Meter Freestyle Splits**

NATL: 48.71 N 8/6/2014 ANTHONY ERVIN  
 WORLD: 49.80 W 7/23/2016 Darian TOWNSEND  
 PAC: 48.71 P 8/6/2014 Anthony L Ervin

1 Gu, Yue Shen 31 Walnut Creek Mas-38 1:06.86

**Men 30-34 200 LC Meter Freestyle**

NATL: 1:49.34 N 8/7/2014 DARIAN TOWNSEND  
 WORLD: 1:49.56 W 8/6/2016 Darian TOWNSEND  
 PAC: 1:54.67 P 3/3/2024 Marcos Lavado

1 Brodie, Jonathan 30 Swim Fremont Gle-38 2:10.49  
 2 Shaffer, Luke 30 Davis Aquatic Ma-38 2:19.63  
 3 Ho, Marcus 31 University of Sa-38 2:28.17  
 4 Thomas, Michael 32 Mountain View Ma-38 2:38.19

**Men 30-34 400 LC Meter Freestyle**

NATL: 3:58.12 N 7/23/2016 DARIAN TOWNSEND  
 WORLD: 3:58.12 W 7/23/2016 Darian TOWNSEND  
 PAC: 4:13.54 P 12/31/1993 Tom Fristoe

1 Glomstad, William 30 Walnut Creek Mas-38 5:06.68  
 2 Leber, Nathan 32 University of Sa-38 5:30.89

## 2024 Pacific Masters Swimming LC Championship - 8/2/2024 to 8/4/2024

## Results

## Men 30-34 800 LC Meter Freestyle

<b>NATL:</b> 8:28.76 N 8/7/2019 <b>CHAD LA TOURETTE</b>			
<b>WORLD:</b> 8:08.53 W 3/11/2012 <b>Jan WOLFGARTEN</b>			
<b>PAC:</b> 8:51.23 P 12/31/1992 <b>Jeff Stiling</b>			
1	Paz, Rodrigo	33 SF Tsunami Maste-38	9:45.68
2	Kos, Ian	30 University of Sa-38	10:41.41
3	Glomstad, William	30 Walnut Creek Mas-38	10:44.51
4	Jones, Austin	33 SF Tsunami Maste-38	10:49.77
5	Leber, Nathan	32 University of Sa-38	11:24.97
6	Shaffer, Luke	30 Davis Aquatic Ma-38	11:41.79
7	Gu, Yue Shen	31 Walnut Creek Mas-38	12:31.05

## Men 30-34 1500 LC Meter Freestyle

<b>NATL:</b> 15:52.24 N 8/7/2019 <b>CHAD LA TOURETTE</b>			
<b>WORLD:</b> 15:25.79 W 3/11/2012 <b>Jan WOLFGARTEN</b>			
<b>PAC:</b> 15:52.24 P 8/7/2019 <b>Chad E La Tourette</b>			
1	Kos, Ian	30 University of Sa-38	20:11.07
2	Leber, Nathan	32 University of Sa-38	21:47.02
3	Shaffer, Luke	30 Davis Aquatic Ma-38	22:17.57
4	Farley, Patrick	33 University of Sa-38	23:07.50

## Men 30-34 50 LC Meter Backstroke

<b>NATL:</b> 24.67 N 6/29/2017 <b>MATT GREVERS</b>			
<b>WORLD:</b> 25.53 W 9/24/2023 <b>Sergey FESIKOV</b>			
<b>PAC:</b> 27.26 P 12/31/1994 <b>Sean Murphy</b>			
1	Tan, Daniel	32 SF Tsunami Maste-38	30.20
2	Barton, Andrew	31 University of Sa-38	35.08
3	Glomstad, William	30 Walnut Creek Mas-38	36.55
4	Gu, Yue Shen	31 Walnut Creek Mas-38	38.66
5	Peacock, Kai	32 SF Tsunami Maste-38	39.02
6	Kos, Ian	30 University of Sa-38	41.48

## Men 30-34 100 LC Meter Backstroke

<b>NATL:</b> 52.71 N 6/30/2017 <b>MATT GREVERS</b>			
<b>WORLD:</b> 55.93 W 7/13/2014 <b>Darian TOWNSEND</b>			
<b>PAC:</b> 58.66 P 12/31/1994 <b>Sean Murphy</b>			
1	Brodie, Jonathan	30 Swim Fremont Gle-38	1:04.07
2	Christensen, Jon	34 University of Sa-38	1:06.70
3	Glomstad, William	30 Walnut Creek Mas-38	1:18.46
4	Thomas, Michael	32 Mountain View Ma-38	1:24.19

## Men 30-34 200 LC Meter Backstroke

<b>NATL:</b> 2:05.62 N 7/9/1994 <b>SEAN MURPHY</b>			
<b>WORLD:</b> 2:02.75 W 11/24/2000 <b>Rogério ROMERO</b>			
<b>PAC:</b> 2:05.62 P 12/31/1994 <b>Sean Murphy</b>			
1	Greer, George	34 East Bay Bat Ray-38	2:25.23
2	Gu, Yue Shen	31 Walnut Creek Mas-38	3:22.52
---	Leber, Nathan	32 University of Sa-38	DQ

## Men 30-34 50 LC Meter Breaststroke

<b>NATL:</b> 27.26 N 6/15/2019 <b>BRANDON FISCHER</b>			
<b>WORLD:</b> 27.74 W 3/12/2022 <b>Kohhei TOMINAGA</b>			
<b>PAC:</b> 27.26 P 6/15/2019 <b>Brandon J Fischer</b>			
1	Christensen, Jon	34 University of Sa-38	30.81
2	Paz, Rodrigo	33 SF Tsunami Maste-38	33.18
3	Devargas, Jaime	32 Swim Fremont Gle-38	39.47
4	Thomas, Michael	32 Mountain View Ma-38	41.89
5	Burlet, Edouard	31 SF Tsunami Maste-38	42.74

## Men 30-34 100 LC Meter Breaststroke

<b>NATL:</b> 59.86 N 6/13/2019 <b>BRANDON FISCHER</b>			
<b>WORLD:</b> 1:01.25 W 8/31/2019 <b>Ryo KOBAYASHI</b>			
<b>PAC:</b> 59.86 P 6/15/2019 <b>Brandon J Fischer</b>			
1	Christensen, Jon	34 University of Sa-38	1:10.36
2	Paz, Rodrigo	33 SF Tsunami Maste-38	1:12.59
3	Kos, Ian	30 University of Sa-38	1:35.38
4	Peacock, Kai	32 SF Tsunami Maste-38	1:37.46

## Men 30-34 200 LC Meter Breaststroke

<b>NATL:</b> 2:11.91 N 6/14/2019 <b>BRANDON FISCHER</b>			
<b>WORLD:</b> 2:16.79 W 8/10/2023 <b>Shotaro SHIMAZAKI</b>			
<b>PAC:</b> 2:11.91 P 6/15/2019 <b>Brandon J Fischer</b>			
1	Christensen, Jon	34 University of Sa-38	2:36.12
2	Paz, Rodrigo	33 SF Tsunami Maste-38	2:39.78
3	Thomas, Michael	32 Mountain View Ma-38	3:31.21

## Men 30-34 50 LC Meter Butterfly

<b>NATL:</b> 23.26 N 7/13/2013 <b>ROLAND SCHOEMAN</b>			
<b>WORLD:</b> 23.16 W 5/26/2023 <b>Oleg KOSTIN</b>			
<b>PAC:</b> 25.31 P 12/31/1988 <b>Mike Bottom</b>			
1	Grinich, Stephen	30 Swim Fremont Gle-38	27.75
2	Shaffer, Luke	30 Davis Aquatic Ma-38	27.77
3	Brodie, Jonathan	30 Swim Fremont Gle-38	28.44
4	Glomstad, William	30 Walnut Creek Mas-38	32.59
5	Devargas, Jaime	32 Swim Fremont Gle-38	33.28
6	Burlet, Edouard	31 SF Tsunami Maste-38	36.68

## Men 30-34 100 LC Meter Butterfly

<b>NATL:</b> 53.36 N 8/8/2014 <b>DARIAN TOWNSEND</b>			
<b>WORLD:</b> 53.10 W 4/8/2022 <b>Henrique MARTINS</b>			
<b>PAC:</b> 55.23 P 3/3/2024 <b>Marcos Lavado</b>			
1	Keshmiri, Armon	31 San Jose Clownfi-38	1:05.77
2	Peacock, Kai	32 SF Tsunami Maste-38	1:18.80

## Men 30-34 200 LC Meter Butterfly

<b>NATL:</b> 2:03.76 N 8/12/2010 <b>MATT HAUPT</b>			
<b>WORLD:</b> 2:03.43 W 8/17/2019 <b>Takatsugu OGA</b>			
<b>PAC:</b> 2:07.71 P 3/3/2024 <b>Marcos Lavado</b>			
1	Leber, Nathan	32 University of Sa-38	3:08.58
2	Thomas, Michael	32 Mountain View Ma-38	3:24.65

## Men 30-34 200 LC Meter IM

<b>NATL:</b> 1:59.24 N 8/6/2017 <b>RYAN LOCHTE</b>			
<b>WORLD:</b> 2:02.18 W 5/22/2016 <b>Darian TOWNSEND</b>			
<b>PAC:</b> 2:07.47 P 7/6/2008 <b>Erik L Scalise</b>			
1	Christensen, Jon	34 University of Sa-38	2:24.14
2	Thomas, Michael	32 Mountain View Ma-38	3:00.73

## Men 30-34 400 LC Meter IM

<b>NATL:</b> 4:20.81 N 7/23/2016 <b>DARIAN TOWNSEND</b>			
<b>WORLD:</b> 4:20.81 W 7/23/2016 <b>Darian TOWNSEND</b>			
<b>PAC:</b> 4:40.22 P 12/31/1994 <b>Sean Murphy</b>			
1	Leber, Nathan	32 University of Sa-38	6:11.76

## Men 35-39 50 LC Meter Freestyle

<b>NATL:</b> 22.98 N 6/19/2021 <b>MATT GREVERS</b>			
<b>WORLD:</b> 22.76 W 8/20/2005 <b>Mark FOSTER</b>			
<b>PAC:</b> 23.95 P 8/7/2013 <b>Mike Pyle</b>			
1	Grant, Andy	39 Walnut Creek Mas-38	24.32
2	Borr, Tony	35 Mesa Aquatics Cl-48	27.70

## 2024 Pacific Masters Swimming LC Championship - 8/2/2024 to 8/4/2024

## Results

**(Men 35-39 50 LC Meter Freestyle)**

3	Tam, Billy	38	University of Sa-38	28.17
4	Lai, Kevin	36	Marcia's Enthusi-38	29.00
5	Schempp, Kyle	35	Tvm Swimming-38	31.20
6	Kapustin, Yevgeniy	38	University of Sa-38	33.02

**Men 35-39 100 LC Meter Freestyle Splits**

**NATL:** 51.45 N 10/9/2021 **ADAM RITTER**  
**WORLD:** 50.78 W 9/27/2009 **Hideaki HARA**  
**PAC:** 53.51 P 6/30/2017 **Tamas Kerekjarto**

1	Grant, Andy	39	Walnut Creek Mas-38	53.03P
2	Lai, Kevin	36	Marcia's Enthusi-38	1:03.68

**Men 35-39 100 LC Meter Freestyle**

**NATL:** 51.45 N 10/9/2021 **ADAM RITTER**  
**WORLD:** 50.78 W 9/27/2009 **Hideaki HARA**  
**PAC:** 53.51 P 6/30/2017 **Tamas Kerekjarto**

1	Grant, Andy	39	Walnut Creek Mas-38	53.13P
2	Borr, Tony	35	Mesa Aquatics Cl-48	59.47
3	Rogers, Louis	35	Walnut Creek Mas-38	1:00.64
4	Zachan, Matthew	38	Davis Aquatic Ma-38	1:01.16
5	Leimkuhler, Kyle	37	Menlo Masters-38	1:01.31
6	Lai, Kevin	36	Marcia's Enthusi-38	1:03.44
7	Murlas, Kyler	35	Albany Armada Aq-38	1:04.44
8	Tam, Billy	38	University of Sa-38	1:05.62
9	Schempp, Kyle	35	Tvm Swimming-38	1:09.88
10	Kapustin, Yevgeniy	38	University of Sa-38	1:15.17

**Men 35-39 200 LC Meter Freestyle Splits**

**NATL:** 1:49.23 N 6/14/2021 **RYAN LOCHTE**  
**WORLD:** 1:51.84 W 8/7/2023 **Shogo HIRARA**  
**PAC:** 1:59.43 P 7/9/2018 **Tamas Kerekjarto**

1	Grant, Andy	39	Walnut Creek Mas-38	1:57.14P
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**Men 35-39 200 LC Meter Freestyle**

**NATL:** 1:49.23 N 6/14/2021 **RYAN LOCHTE**  
**WORLD:** 1:51.84 W 8/7/2023 **Shogo HIRARA**  
**PAC:** 1:59.43 P 7/9/2018 **Tamas Kerekjarto**

1	Grant, Andy	39	Walnut Creek Mas-38	1:57.34P
2	Ortiz, Juan	37	UC33	2:05.05
3	Savulich, Bobby	37	The Olympic Club-38	2:11.07
4	Borr, Tony	35	Mesa Aquatics Cl-48	2:13.79
5	Leimkuhler, Kyle	37	Menlo Masters-38	2:18.40
6	Parasyris, Konstantinos	35	Tvm Swimming-38	2:29.46
7	Schempp, Kyle	35	Tvm Swimming-38	2:37.76
8	Lange, Austin	37	Sacramento Maste-38	2:51.70
9	Kapustin, Yevgeniy	38	University of Sa-38	2:59.18

**Men 35-39 400 LC Meter Freestyle Splits**

**NATL:** 4:07.64 N 7/16/1995 **ROWDY GAINES**  
**WORLD:** 4:00.78 W 2/28/2024 **Irakli REVISHVILI**  
**PAC:** 4:16.20 P 12/31/2000 **Dan Veatch**

1	Grant, Andy	39	Walnut Creek Mas-38	4:20.77
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**Men 35-39 400 LC Meter Freestyle**

**NATL:** 4:07.64 N 7/16/1995 **ROWDY GAINES**  
**WORLD:** 4:00.78 W 2/28/2024 **Irakli REVISHVILI**  
**PAC:** 4:16.20 P 12/31/2000 **Dan Veatch**

1	Ortiz, Juan	37	UC33	4:23.32
2	Zachan, Matthew	38	Davis Aquatic Ma-38	4:53.48

**Men 35-39 800 LC Meter Freestyle**

**NATL:** 8:38.73 N 11/12/1995 **ROWDY GAINES**  
**WORLD:** 8:17.65 W 2/26/2024 **Irakli REVISHVILI**  
**PAC:** 8:56.10 P 12/31/2003 **Dan Veatch**

1	Grant, Andy	39	Walnut Creek Mas-38	9:45.28
2	Leimkuhler, Kyle	37	Menlo Masters-38	10:08.73
3	Zachan, Matthew	38	Davis Aquatic Ma-38	10:13.92

**Men 35-39 1500 LC Meter Freestyle**

**NATL:** 16:32.72 N 8/14/2008 **CHRISTOPHER DERKS**  
**WORLD:** 16:00.04 W 3/11/2012 **Petar STOYCHEV**  
**PAC:** 16:59.46 P 12/31/2001 **Dan Veatch**

1	Calhoun, Jack	35	Santa Cruz Maste-38	19:07.21
2	Zachan, Matthew	38	Davis Aquatic Ma-38	19:33.90
3	Tam, Billy	38	University of Sa-38	24:17.99

**Men 35-39 50 LC Meter Backstroke**

**NATL:** 26.54 N 8/10/2019 **JEFF NATALIZIO**  
**WORLD:** 26.04 W 3/1/2024 **C.BRUSQUETTI**  
**PAC:** 27.68 P 12/31/2006 **Rick Gould**

1	Grant, Andy	39	Walnut Creek Mas-38	28.72
2	Rogers, Louis	35	Walnut Creek Mas-38	32.86
3	Lange, Austin	37	Sacramento Maste-38	38.31

**Men 35-39 100 LC Meter Backstroke**

**NATL:** 53.18 N 6/14/2021 **MATT GREVERS**  
**WORLD:** 56.59 W 2/28/2024 **C.BRUSQUETTI**  
**PAC:** 1:00.00 P 12/31/2006 **Rick Gould**

1	Savulich, Bobby	37	The Olympic Club-38	1:09.72
2	Lange, Austin	37	Sacramento Maste-38	1:25.50

**Men 35-39 200 LC Meter Backstroke**

**NATL:** 2:07.16 N 7/29/2001 **RON KARNAUGH**  
**WORLD:** 2:01.71 W 3/24/2024 **Junichi MORITA**  
**PAC:** 2:09.26 P 12/31/2000 **Dan Veatch**

1	Rogers, Louis	35	Walnut Creek Mas-38	2:32.91
2	Lange, Austin	37	Sacramento Maste-38	3:11.36

**Men 35-39 50 LC Meter Breaststroke**

**NATL:** 28.53 N 5/25/2009 **JEFF COMMINGS**  
**WORLD:** 27.83 W 8/11/2023 **Ryouta NOMURA**  
**PAC:** 28.65 P 4/13/2024 **Brandon J Fischer**

1	Savulich, Bobby	37	The Olympic Club-38	33.60
2	Schempp, Kyle	35	Tvm Swimming-38	38.34
3	Parasyris, Konstantinos	35	Tvm Swimming-38	39.19
4	Kapustin, Yevgeniy	38	University of Sa-38	44.85

**Men 35-39 100 LC Meter Breaststroke**

**NATL:** 1:01.54 N 6/15/2024 **BRANDON FISCHER**  
**WORLD:** 1:02.40 W 2/11/2020 **Ryo KOBAYASHI**  
**PAC:** 1:01.54 P 6/23/2024 **Brandon J Fischer**

1	Lai, Kevin	36	Marcia's Enthusi-38	1:18.52
2	Rogers, Louis	35	Walnut Creek Mas-38	1:24.93
3	Tam, Billy	38	University of Sa-38	1:26.31

**Men 35-39 200 LC Meter Breaststroke**

**NATL:** 2:13.09 N 6/18/2024 **BRANDON FISCHER**  
**WORLD:** 2:20.29 W 6/5/2004 **Nick GILLINGHAM**  
**PAC:** 2:13.09 P 6/23/2024 **Brandon J Fischer**

1	Zachan, Matthew	38	Davis Aquatic Ma-38	2:58.79
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## 2024 Pacific Masters Swimming LC Championship - 8/2/2024 to 8/4/2024

## Results

**Men 35-39 50 LC Meter Butterfly**

<b>NATL:</b>	24.14 N 8/15/2015	<b>KOHEI KAWAMOTO</b>
<b>WORLD:</b>	24.03 W 12/2/2022	<b>Benjamin HOCKIN</b>
<b>PAC:</b>	25.77 P 6/29/2014	<b>Adam M Conway</b>
1	Savulich, Bobby	37 The Olympic Club-38 26.66
2	Nickell, Ryan	39 The Bay Club-38 29.27
3	Leimkuhler, Kyle	37 Menlo Masters-38 30.70
4	Parasyris, Konstantinos	35 Tvm Swimming-38 33.24
5	Torres, Emmanuel	38 Walnut Creek Mas-38 33.60
6	Kapustin, Yevgeniy	38 University of Sa-38 36.65

**Men 35-39 100 LC Meter Butterfly**

<b>NATL:</b>	53.65 N 8/2/2018	<b>KOHEI KAWAMOTO</b>
<b>WORLD:</b>	53.65 W 8/2/2018	<b>Kohei KAWAMOTO</b>
<b>PAC:</b>	56.21 P 7/15/2017	<b>Tamas Kerekjarto</b>
1	Zachan, Matthew	38 Davis Aquatic Ma-38 1:06.67
2	Leimkuhler, Kyle	37 Menlo Masters-38 1:08.90
3	Tam, Billy	38 University of Sa-38 1:18.50
4	Kapustin, Yevgeniy	38 University of Sa-38 1:36.28

**Men 35-39 200 LC Meter Butterfly**

<b>NATL:</b>	2:04.76 N 8/1/2015	<b>BRENT CREAGER</b>
<b>WORLD:</b>	2:02.54 W 4/26/2019	<b>Nikolay SKVORTSOV</b>
<b>PAC:</b>	2:09.28 P 6/30/2017	<b>Tamas Kerekjarto</b>
1	Torres, Emmanuel	38 Walnut Creek Mas-38 3:12.57

**Men 35-39 200 LC Meter IM**

<b>NATL:</b>	1:58.48 N 6/17/2021	<b>RYAN LOCHTE</b>
<b>WORLD:</b>	2:05.65 W 7/7/2019	<b>Darian TOWNSEND</b>
<b>PAC:</b>	2:14.87 P 12/31/2009	<b>Derek Guffey</b>
1	Savulich, Bobby	37 The Olympic Club-38 2:33.03
2	Borr, Tony	35 Mesa Aquatics Cl-48 2:35.37
3	Torres, Emmanuel	38 Walnut Creek Mas-38 3:02.88

**Men 35-39 400 LC Meter IM**

<b>NATL:</b>	4:34.10 N 7/29/2001	<b>RON KARNAUGH</b>
<b>WORLD:</b>	4:36.66 W 8/14/2019	<b>IDRYMONAKOS</b>
<b>PAC:</b>	4:45.47 P 12/31/2009	<b>Derek Guffey</b>
1	Ortiz, Juan	37 UC33 4:57.22
2	Tam, Billy	38 University of Sa-38 6:24.62
3	Torres, Emmanuel	38 Walnut Creek Mas-38 6:32.66

**Men 40-44 50 LC Meter Freestyle**

<b>NATL:</b>	22.61 N 6/19/2021	<b>ANTHONY ERVIN</b>
<b>WORLD:</b>	23.14 W 8/8/2023	<b>Andrei KURNOSOV</b>
<b>PAC:</b>	24.14 P 12/31/2003	<b>David E Boatwright</b>
1	Samotyj, John	43 University of Sa-38 26.16
2	Neuwirth, Benjamin	41 University of Sa-38 27.48
3	Fuzellier, Matthieu	44 University of Sa-38 27.62
4	Wu, Philip	41 Marin Aquatic Ma-38 30.31
5	Rajput, Triloksingh	43 Livermore Aquaco-38 42.69

**Men 40-44 100 LC Meter Freestyle**

<b>NATL:</b>	51.72 N 8/1/2010	<b>VLAD PYSHNENKO</b>
<b>WORLD:</b>	50.73 W 6/30/2023	<b>Filippo MAGNINI</b>
<b>PAC:</b>	54.26 P 12/31/2003	<b>David E Boatwright</b>
1	Fuzellier, Matthieu	44 University of Sa-38 1:02.39
2	Neuwirth, Benjamin	41 University of Sa-38 1:02.75
3	Wu, Philip	41 Marin Aquatic Ma-38 1:09.51
4	Samotyj, John	43 University of Sa-38 1:13.41

5 Rajput, Triloksingh 43 Livermore Aquaco-38 1:36.99

**Men 40-44 200 LC Meter Freestyle**

<b>NATL:</b>	1:53.65 N 8/2/2010	<b>VLAD PYSHNENKO</b>
<b>WORLD:</b>	1:53.65 W 8/2/2010	<b>Vladimir PYSHNENKO</b>
<b>PAC:</b>	2:01.15 P 12/31/2003	<b>David E Boatwright</b>
1	Lemke, Zebbron	44 Alameda Aquatic-38 2:17.99
2	Song, Jimmy	41 Marcia's Enthusi-38 2:38.07

**Men 40-44 400 LC Meter Freestyle**

<b>NATL:</b>	4:06.74 N 7/24/2009	<b>ERIK HOCHSTEIN</b>
<b>WORLD:</b>	4:06.74 W 7/24/2009	<b>Erik HOCHSTEIN</b>
<b>PAC:</b>	4:16.50 P 12/31/2010	<b>Alex Kostich</b>
1	Pacheco, Franco	40 Monterey Bay Mas-38 5:13.21

**Men 40-44 1500 LC Meter Freestyle**

<b>NATL:</b>	16:36.91 N 7/23/2010	<b>ALEX KOSTICH</b>
<b>WORLD:</b>	16:24.76 W 4/7/2018	<b>Nicola NISATO</b>
<b>PAC:</b>	16:36.91 P 12/31/2010	<b>Alex Kostich</b>
1	Lemke, Zebbron	44 Alameda Aquatic-38 18:50.79
2	Pacheco, Franco	40 Monterey Bay Mas-38 21:15.08

**Men 40-44 50 LC Meter Backstroke**

<b>NATL:</b>	27.47 N 8/23/2008	<b>MICHAEL ROSS</b>
<b>WORLD:</b>	27.10 W 4/20/2024	<b>Matthew CLAY</b>
<b>PAC:</b>	28.59 P 12/31/2006	<b>Sean Murphy</b>
1	Fuzellier, Matthieu	44 University of Sa-38 32.03
2	Neuwirth, Benjamin	41 University of Sa-38 32.49
3	Rajput, Triloksingh	43 Livermore Aquaco-38 56.39

**Men 40-44 100 LC Meter Backstroke**

<b>NATL:</b>	59.08 N 8/7/2009	<b>MICHAEL ROSS</b>
<b>WORLD:</b>	58.38 W 2/3/2024	<b>Enrico CATALANO</b>
<b>PAC:</b>	1:00.95 P 12/31/2006	<b>Sean Murphy</b>
1	Horan, Kevin	40 Richmond Plunge-38 1:14.61

**Men 40-44 200 LC Meter Backstroke**

<b>NATL:</b>	2:11.13 N 8/16/2014	<b>FREDERIK HVIID</b>
<b>WORLD:</b>	2:08.06 W 8/13/2019	<b>Nicholas NECKLES</b>
<b>PAC:</b>	2:22.02 P 7/8/2007	<b>Rick M Hamilton</b>
1	Fuzellier, Matthieu	44 University of Sa-38 2:39.71
2	Rajput, Triloksingh	43 Livermore Aquaco-38 4:37.40

**Men 40-44 50 LC Meter Breaststroke**

<b>NATL:</b>	28.38 N 7/25/2024	<b>JAMES FIKE</b>
<b>WORLD:</b>	28.84 W 9/16/2009	<b>Alberto MONTINI</b>
<b>PAC:</b>	30.78 P 12/31/2009	<b>Jonathan T Manson</b>
1	Wu, Philip	41 Marin Aquatic Ma-38 42.28

**Men 40-44 100 LC Meter Breaststroke**

<b>NATL:</b>	1:03.76 N 7/6/2012	<b>STEVE WEST</b>
<b>WORLD:</b>	1:03.60 W 5/20/2012	<b>Vladislav BRAGIN</b>
<b>PAC:</b>	1:11.27 P 12/31/1997	<b>Spencer Eldred</b>
1	Song, Jimmy	41 Marcia's Enthusi-38 1:24.59
2	Wu, Philip	41 Marin Aquatic Ma-38 1:35.85
3	Rajput, Triloksingh	43 Livermore Aquaco-38 2:02.64

**Men 40-44 200 LC Meter Breaststroke**

<b>NATL:</b>	2:18.57 N 7/11/2015	<b>STEVE WEST</b>
<b>WORLD:</b>	2:18.57 W 7/11/2015	<b>Steve WEST</b>
<b>PAC:</b>	2:24.19 P 12/31/2008	<b>Roque J Santos</b>
1	Song, Jimmy	41 Marcia's Enthusi-38 3:05.25

## 2024 Pacific Masters Swimming LC Championship - 8/2/2024 to 8/4/2024

## Results

**Men 40-44 50 LC Meter Butterfly**

NATL:	25.11 N 6/9/2018	JAMES ZENYUH	
WORLD:	24.11 W 8/7/2023	Andrejs DUDA	
PAC:	26.41 P 12/31/2012	Greg Tull	
1	Wu, Philip	41 Marin Aquatic Ma-38	34.25

**Men 40-44 100 LC Meter Butterfly**

NATL:	56.43 N 8/23/2008	MICHAEL ROSS	
WORLD:	55.29 W 5/20/2023	Carlos NASCIMENTO	
PAC:	59.78 P 8/8/2023	Juan P Valdivieso	
1	Neuwirth, Benjamin	41 University of Sa-38	1:11.17
2	Fuzellier, Matthieu	44 University of Sa-38	1:16.37
3	Song, Jimmy	41 Marcia's Enthusi-38	1:24.95

**Men 40-44 200 LC Meter Butterfly**

NATL:	2:05.55 N 7/11/2004	DENNIS BAKER	
WORLD:	2:05.55 W 7/11/2004	Dennis BAKER	
PAC:	2:19.18 P 12/31/2006	Darren D Phalen	
1	Song, Jimmy	41 Marcia's Enthusi-38	3:11.05

**Men 40-44 200 LC Meter IM**

NATL:	2:08.63 N 5/27/2023	MARKUS ROGAN	
WORLD:	2:08.63 W 5/27/2023	Markus ROGAN	
PAC:	2:19.31 P 12/31/2006	Stephen M Smith	
1	Lemke, Zebron	44 Alameda Aquatic-38	2:40.81
2	Pacheco, Franco	40 Monterey Bay Mas-38	2:53.46
3	Wu, Philip	41 Marin Aquatic Ma-38	3:09.74

**Men 40-44 400 LC Meter IM**

NATL:	4:47.82 N 7/29/2018	ERIC CHRISTENSEN	
WORLD:	4:42.54 W 3/3/2024	I.DRYMONAKOS	
PAC:	4:56.57 P 8/7/2013	David A Sway	
1	Song, Jimmy	41 Marcia's Enthusi-38	6:15.96

**Men 45-49 50 LC Meter Freestyle**

NATL:	24.12 N 6/23/2018	BRIAN JACOBSON	
WORLD:	23.55 W 8/15/2019	Hideaki HARA	
PAC:	24.69 P 8/7/2013	Greg Tull	
1	Pyle, Mike	49 Menlo Masters-38	25.73
2	Frazier, Michael	48 Sacramento Maste-38	29.67
3	Wada, Ellison	45 Walnut Creek Mas-38	32.75
4	Mustiazza, Oleg	46 Google Masters S-38	33.16

**Men 45-49 100 LC Meter Freestyle**

NATL:	53.77 N 8/7/2016	NICOLAS GRANGER	
WORLD:	52.24 W 8/13/2019	Hideaki HARA	
PAC:	54.83 P 12/31/2006	David E Boatwrigth	
1	Pyle, Mike	49 Menlo Masters-38	57.69
2	Sabatini, Greg	48 Richmond Plunge-38	1:07.76
3	Frazier, Michael	48 Sacramento Maste-38	1:08.53
4	Pierce, Andrew	48 Walnut Creek Mas-38	1:10.69
5	Wada, Ellison	45 Walnut Creek Mas-38	1:14.26
6	Mustiazza, Oleg	46 Google Masters S-38	1:16.46

**Men 45-49 200 LC Meter Freestyle**

NATL:	1:57.89 N 8/6/2009	KEITH SWITZER	
WORLD:	1:55.39 W 11/25/2023	R.Rocha CASTRO	
PAC:	2:03.71 P 12/31/1996	Tim Broderick	
1	Baristiran, Omer	45 University of Sa-38	2:26.27
2	Wada, Ellison	45 Walnut Creek Mas-38	2:50.51
3	Bucy, John	46 University of Sa-38	2:55.93

**Men 45-49 400 LC Meter Freestyle**

NATL:	4:09.20 N 7/19/2008	DENNIS BAKER	
WORLD:	4:09.66 W 11/24/2023	R.Rocha CASTRO	
PAC:	4:23.49 P 12/31/2005	George F Tidmarsh	
1	Popko, David	47 Rose Bowl Master-33	4:53.24
2	Bentley, Orin	47 Marcia's Enthusi-38	5:35.31
3	Wada, Ellison	45 Walnut Creek Mas-38	6:20.45

**Men 45-49 800 LC Meter Freestyle**

NATL:	8:51.98 N 8/9/2010	JEFF ERWIN	
WORLD:	8:40.79 W 8/10/2015	Fabio CALMASINI	
PAC:	9:07.99 P 12/31/2006	George F Tidmarsh	
1	Wada, Ellison	45 Walnut Creek Mas-38	12:42.23
2	Mustiazza, Oleg	46 Google Masters S-38	14:00.82

**Men 45-49 1500 LC Meter Freestyle**

NATL:	16:38.81 N 8/10/2009	JEFF ERWIN	
WORLD:	16:38.81 W 8/10/2009	Jeff ERWIN	
PAC:	17:10.90 P 12/31/2005	George F Tidmarsh	
1	Wada, Ellison	45 Walnut Creek Mas-38	24:26.93

**Men 45-49 50 LC Meter Backstroke**

NATL:	27.73 N 8/4/2023	CHUCK BARNES	
WORLD:	27.56 W 6/4/2023	Marcin KACZMAREK	
PAC:	29.22 P 12/31/2008	John Ends	
1	Sabatini, Greg	48 Richmond Plunge-38	37.60
2	Frazier, Michael	48 Sacramento Maste-38	39.10
3	Mustiazza, Oleg	46 Google Masters S-38	47.29

**Men 45-49 100 LC Meter Backstroke**

NATL:	59.57 N 8/4/2023	CHUCK BARNES	
WORLD:	59.57 W 8/4/2023	Chuck BARNES	
PAC:	1:01.40 P 5/10/2015	Rick Gould	
1	Baristiran, Omer	45 University of Sa-38	1:19.88

**Men 45-49 50 LC Meter Breaststroke**

NATL:	29.29 N 8/13/2022	JEFF COMMINGS	
WORLD:	29.22 W 9/8/2019	Hideaki TOGO	
PAC:	32.48 P 12/31/1994	Robert Strand	
1	Frazier, Michael	48 Sacramento Maste-38	39.50

**Men 45-49 100 LC Meter Breaststroke**

NATL:	1:04.77 N 7/14/2019	STEVE WEST	
WORLD:	1:04.77 W 7/14/2019	Steve WEST	
PAC:	1:12.83 P 12/31/2001	Spencer Eldred	
1	Pierce, Andrew	48 Walnut Creek Mas-38	1:24.66
2	Sabatini, Greg	48 Richmond Plunge-38	1:29.36

**Men 45-49 200 LC Meter Breaststroke**

NATL:	2:19.44 N 6/22/2018	STEVE WEST	
WORLD:	2:19.44 W 6/22/2018	Steve WEST	
PAC:	2:35.26 P 6/29/2014	Sergey Mariniuk	
1	Pierce, Andrew	48 Walnut Creek Mas-38	3:08.39

**Men 45-49 50 LC Meter Butterfly**

NATL:	25.24 N 10/10/2021	CHUCK BARNES	
WORLD:	24.96 W 3/3/2024	Marc Kevin ALLAN	
PAC:	26.40 P 8/7/2013	Greg Tull	
1	Baristiran, Omer	45 University of Sa-38	32.04

## 2024 Pacific Masters Swimming LC Championship - 8/2/2024 to 8/4/2024

## Results

**Men 45-49 100 LC Meter Butterfly**

NATL: 56.42 N 8/4/2002 PAUL CARTER

WORLD: 56.75 W 2/29/2024 Marc ALLAN

PAC: 59.64 P 12/31/2008 John A Engs

1 Sabatini, Greg 48 Richmond Plunge-38 1:24.26

**Men 45-49 200 LC Meter Butterfly**

NATL: 2:04.07 N 7/19/2008 DENNIS BAKER

WORLD: 2:06.94 W 8/9/2006 Dennis BAKER

PAC: 2:18.80 P 6/29/2014 Barton S Wells

1 Popko, David 47 Rose Bowl Master-33 2:44.28

**Men 45-49 200 LC Meter IM**

NATL: 2:10.09 N 8/7/2016 NICOLAS GRANGER

WORLD: 2:10.09 W 8/7/2016 Nicolas GRANGER

PAC: 2:16.21 P 6/29/2014 Sergey Mariniuk

1 Popko, David 47 Rose Bowl Master-33 2:39.61

2 Frazier, Michael 48 Sacramento Maste-38 2:56.13

3 Bentley, Orin 47 Marcia's Enthusi-38 2:57.71

4 Waterson, Kevin 45 Davis Aquatic Ma-38 3:05.02

5 Bucy, John 46 University of Sa-38 3:27.88

**Men 50-54 50 LC Meter Freestyle**

NATL: 24.58 N 8/9/2009 ROWDY GAINES

WORLD: 24.08 W 6/27/2009 Brent BARNES

PAC: 25.57 P 12/31/2008 Paul V Carter

1 Anderson, Kent 52 Davis Aquatic Ma-38 26.06

2 Flakoll, Jonathan 50 Walnut Creek Mas-38 27.84

3 Piland, Jon 53 Penguin Swim Clu-38 28.52

4 Grisso, Mike 54 University of Sa-38 29.00

5 Rogers, Matt 54 Marcia's Enthusi-38 29.15

6 Erickson, Douglas 52 Rolling Hills Mu-38 29.43

7 Pickard, Justin 50 Marin Aquatic Ma-38 29.81

8 Fahlen, Mark 53 Modesto Area Aqu-38 30.23

9 Lehnert, Ahren 51 Marcia's Enthusi-38 32.50

10 Barros, Alexandre 54 University of Sa-38 40.56

**Men 50-54 50 LC Meter Freestyle Splits**

NATL: 24.58 N 8/9/2009 ROWDY GAINES

WORLD: 24.08 W 6/27/2009 Brent BARNES

PAC: 25.57 P 12/31/2008 Paul V Carter

1 Rogers, Matt 54 Marcia's Enthusi-38 29.48

**Men 50-54 100 LC Meter Freestyle Splits**

NATL: 54.18 N 8/4/2017 NICOLAS GRANGER

WORLD: 54.15 W 6/30/2017 Nicolas GRANGER

PAC: 55.93 P 12/31/2012 David E Boatwrigth

1 Wehmann, Todd 52 Marcia's Enthusi-38 1:06.75

2 Rosales-Delmoral, Romer 51 Menlo Masters-38 1:10.08

**Men 50-54 100 LC Meter Freestyle**

NATL: 54.18 N 8/4/2017 NICOLAS GRANGER

WORLD: 54.15 W 6/30/2017 Nicolas GRANGER

PAC: 55.93 P 12/31/2012 David E Boatwrigth

1 Anderson, Kent 52 Davis Aquatic Ma-38 58.54

2 Flakoll, Jonathan 50 Walnut Creek Mas-38 1:00.09

3 Mc Donough, Patrick 51 Walnut Creek Mas-38 1:05.29

4 Grisso, Mike 54 University of Sa-38 1:05.55

5 Fahlen, Mark 53 Modesto Area Aqu-38 1:05.63

6 Rogers, Matt 54 Marcia's Enthusi-38 1:06.05

7 Lehnert, Ahren 51 Marcia's Enthusi-38 1:12.55

8 Barros, Alexandre 54 University of Sa-38 1:34.12

**Men 50-54 200 LC Meter Freestyle Splits**

NATL: 2:00.34 N 8/13/2007 DAN STEPHENSON

WORLD: 1:58.62 W 7/1/2017 Nicolas GRANGER

PAC: 2:05.68 P 7/12/2013 Darren D Phalen

1 Wehmann, Todd 52 Marcia's Enthusi-38 2:31.34

**Men 50-54 200 LC Meter Freestyle**

NATL: 2:00.34 N 8/13/2007 DAN STEPHENSON

WORLD: 1:58.62 W 7/1/2017 Nicolas GRANGER

PAC: 2:05.68 P 7/12/2013 Darren D Phalen

1 Winsor, Brad 53 Davis Aquatic Ma-38 2:21.96

2 Rosales-Delmoral, Romer 51 Menlo Masters-38 2:23.84

3 Fahlen, Mark 53 Modesto Area Aqu-38 2:26.64

4 Grisso, Mike 54 University of Sa-38 2:29.07

5 Lehnert, Ahren 51 Marcia's Enthusi-38 2:41.95

6 Barros, Alexandre 54 University of Sa-38 3:26.55

7 Serchia, Andrew 53 Marin Aquatic Ma-38 3:29.87

**Men 50-54 400 LC Meter Freestyle**

NATL: 4:15.93 N 8/4/2017 NICOLAS GRANGER

WORLD: 4:15.93 W 8/4/2017 Nicolas GRANGER

PAC: 4:24.57 P 8/7/2013 Darren D Phalen

1 Winsor, Brad 53 Davis Aquatic Ma-38 4:57.66

2 Rosales-Delmoral, Romer 51 Menlo Masters-38 5:02.77

3 Fahlen, Mark 53 Modesto Area Aqu-38 5:15.73

4 Harrington, Matt 53 University of Sa-38 5:18.10

5 Lehnert, Ahren 51 Marcia's Enthusi-38 5:57.54

**Men 50-54 800 LC Meter Freestyle Splits**

NATL: 8:56.31 N 8/3/2014 RICARDO VALDIVIA

WORLD: 8:55.05 W 7/31/2010 Marcus MATTIOLI

PAC: 9:21.11 P 7/8/2018 Barton S Wells

1 Winsor, Brad 53 Davis Aquatic Ma-38 10:15.37

**Men 50-54 800 LC Meter Freestyle**

NATL: 8:56.31 N 8/3/2014 RICARDO VALDIVIA

WORLD: 8:55.05 W 7/31/2010 Marcus MATTIOLI

PAC: 9:21.11 P 7/8/2018 Barton S Wells

1 Rosales-Delmoral, Romer 51 Menlo Masters-38 10:30.66

2 Harrington, Matt 53 University of Sa-38 11:02.72

3 Wehmann, Todd 52 Marcia's Enthusi-38 11:21.62

4 Hertzner, Keith 51 Marcia's Enthusi-38 11:30.07

5 Lehnert, Ahren 51 Marcia's Enthusi-38 12:27.70

**Men 50-54 1500 LC Meter Freestyle**

NATL: 17:08.33 N 8/20/2000 JIM MC CONICA

WORLD: 17:08.33 W 8/20/2000 Jim MCCONICA

PAC: 17:50.94 P 8/2/2017 Barton S Wells

1 Winsor, Brad 53 Davis Aquatic Ma-38 19:28.43

2 Rosales-Delmoral, Romer 51 Menlo Masters-38 20:17.12

3 Harrington, Matt 53 University of Sa-38 21:08.40

4 Wehmann, Todd 52 Marcia's Enthusi-38 21:34.97

5 Kneubuhler, Yann 52 Richmond Plunge-38 21:54.81

6 Lehnert, Ahren 51 Marcia's Enthusi-38 23:39.78

## 2024 Pacific Masters Swimming LC Championship - 8/2/2024 to 8/4/2024

## Results

**Men 50-54 50 LC Meter Backstroke Splits**

**NATL:** 28.58 N 7/14/2018 **RICK GOULD**  
**WORLD:** 28.20 W 5/28/2023 **M.GROMOV-IVANOV**  
**PAC:** 28.58 P 7/10/2018 **Rick Gould**

1	Wehmann, Todd	52	Marcia's Enthusi-38	38.16
2	Rosales-Delmoral, Romer	51	Menlo Masters-38	40.32

**Men 50-54 50 LC Meter Backstroke**

**NATL:** 28.58 N 7/14/2018 **RICK GOULD**  
**WORLD:** 28.20 W 5/28/2023 **M.GROMOV-IVANOV**  
**PAC:** 28.58 P 7/10/2018 **Rick Gould**

1	Flakoll, Jonathan	50	Walnut Creek Mas-38	32.44
2	Pickard, Justin	50	Marin Aquatic Ma-38	36.15
3	Rogers, Matt	54	Marcia's Enthusi-38	36.93
4	Wehmann, Todd	52	Marcia's Enthusi-38	37.59
5	Mc Donough, Patrick	51	Walnut Creek Mas-38	37.90
6	Erickson, Douglas	52	Rolling Hills Mu-38	39.03
7	Harrington, Matt	53	University of Sa-38	41.30
8	Rankin, Shane	50	University of Sa-38	42.19

**Men 50-54 100 LC Meter Backstroke Splits**

**NATL:** 1:01.57 N 8/6/2017 **NICOLAS GRANGER**  
**WORLD:** 1:01.57 W 8/6/2017 **Nicolas GRANGER**  
**PAC:** 1:02.17 P 7/11/2018 **Rick Gould**

1	Rosales-Delmoral, Romer	51	Menlo Masters-38	1:26.39
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**Men 50-54 100 LC Meter Backstroke**

**NATL:** 1:01.57 N 8/6/2017 **NICOLAS GRANGER**  
**WORLD:** 1:01.57 W 8/6/2017 **Nicolas GRANGER**  
**PAC:** 1:02.17 P 7/11/2018 **Rick Gould**

1	Pickard, Justin	50	Marin Aquatic Ma-38	1:18.01
2	Winsor, Brad	53	Davis Aquatic Ma-38	1:20.21
3	Wehmann, Todd	52	Marcia's Enthusi-38	1:21.50
4	Rogers, Matt	54	Marcia's Enthusi-38	1:21.79
5	Rankin, Shane	50	University of Sa-38	1:32.97

**Men 50-54 200 LC Meter Backstroke**

**NATL:** 2:14.53 N 8/5/2017 **NICOLAS GRANGER**  
**WORLD:** 2:14.53 W 8/5/2017 **Nicolas GRANGER**  
**PAC:** 2:16.79 P 7/10/2018 **Rick Gould**

1	Flakoll, Jonathan	50	Walnut Creek Mas-38	2:45.56
2	Wehmann, Todd	52	Marcia's Enthusi-38	2:58.92
3	Fahlen, Mark	53	Modesto Area Aqu-38	3:02.59
4	Rosales-Delmoral, Romer	51	Menlo Masters-38	3:02.92
5	Rankin, Shane	50	University of Sa-38	3:23.91

**Men 50-54 50 LC Meter Breaststroke**

**NATL:** 29.90 N 4/2/2022 **STEVE WEST**  
**WORLD:** 29.70 W 8/11/2023 **Hideaki TOGO**  
**PAC:** 30.97 P 12/31/2009 **Gary L Patterson**

1	Erickson, Douglas	52	Rolling Hills Mu-38	37.32
2	Hertzer, Keith	51	Marcia's Enthusi-38	37.97
3	Grisso, Mike	54	University of Sa-38	44.09
4	Barros, Alexandre	54	University of Sa-38	50.99
5	Serchia, Andrew	53	Marin Aquatic Ma-38	52.46

**Men 50-54 100 LC Meter Breaststroke**

**NATL:** 1:06.12 N 7/10/2022 **STEVE WEST**  
**WORLD:** 1:06.12 W 7/10/2022 **Steve WEST**  
**PAC:** 1:09.36 P 12/31/2009 **Gary L Patterson**

1	Piland, Jon	53	Penguin Swim Clu-38	1:15.95
2	Flakoll, Jonathan	50	Walnut Creek Mas-38	1:22.26
3	Hertzer, Keith	51	Marcia's Enthusi-38	1:26.82
4	Erickson, Douglas	52	Rolling Hills Mu-38	1:28.09
5	Barros, Alexandre	54	University of Sa-38	2:00.23

**Men 50-54 200 LC Meter Breaststroke**

**NATL:** 2:24.44 N 7/9/2022 **STEVE WEST**  
**WORLD:** 2:24.44 W 7/9/2022 **Steve WEST**  
**PAC:** 2:40.57 P 12/31/1996 **Robert Strand**

1	Piland, Jon	53	Penguin Swim Clu-38	2:59.17
2	Hertzer, Keith	51	Marcia's Enthusi-38	3:17.64
---	Barros, Alexandre	54	University of Sa-38	DQ

**Men 50-54 50 LC Meter Butterfly**

**NATL:** 25.88 N 8/16/2008 **PAUL CARTER**  
**WORLD:** 25.69 W 5/20/2023 **Serkan ATASAY**  
**PAC:** 25.88 P 12/31/2008 **Paul V Carter**

1	Rendic, Dikan	53	Google Masters S-38	28.08
2	Piland, Jon	53	Penguin Swim Clu-38	30.47
3	Winsor, Brad	53	Davis Aquatic Ma-38	31.62
4	Rogers, Matt	54	Marcia's Enthusi-38	31.67
5	Pickard, Justin	50	Marin Aquatic Ma-38	31.79
6	Erickson, Douglas	52	Rolling Hills Mu-38	34.07
7	Grisso, Mike	54	University of Sa-38	34.08
8	Rankin, Shane	50	University of Sa-38	41.92

**Men 50-54 100 LC Meter Butterfly Splits**

**NATL:** 57.23 N 8/15/2008 **PAUL CARTER**  
**WORLD:** 56.99 W 8/8/2023 **Eiji NOMURA**  
**PAC:** 57.23 P 12/31/2008 **Paul V Carter**

1	Rosales-Delmoral, Romer	51	Menlo Masters-38	1:21.35
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**Men 50-54 100 LC Meter Butterfly**

**NATL:** 57.23 N 8/15/2008 **PAUL CARTER**  
**WORLD:** 56.99 W 8/8/2023 **Eiji NOMURA**  
**PAC:** 57.23 P 12/31/2008 **Paul V Carter**

1	Anderson, Kent	52	Davis Aquatic Ma-38	1:04.04
2	Flakoll, Jonathan	50	Walnut Creek Mas-38	1:11.23
3	Mc Donough, Patrick	51	Walnut Creek Mas-38	1:20.59
4	Grisso, Mike	54	University of Sa-38	1:22.15
5	Rogers, Matt	54	Marcia's Enthusi-38	1:23.42
6	Hertzer, Keith	51	Marcia's Enthusi-38	1:28.70
7	Rankin, Shane	50	University of Sa-38	1:37.69

**Men 50-54 200 LC Meter Butterfly**

**NATL:** 2:13.80 N 7/9/2011 **DENNIS BAKER**  
**WORLD:** 2:13.26 W 11/6/2022 **Eiji NOMURA**  
**PAC:** 2:18.57 P 12/31/2008 **Paul V Carter**

1	Winsor, Brad	53	Davis Aquatic Ma-38	2:44.83
2	Harrington, Matt	53	University of Sa-38	2:56.08



## 2024 Pacific Masters Swimming LC Championship - 8/2/2024 to 8/4/2024

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**Men 50-54 200 LC Meter IM**

**NATL:** 2:11.15 N 8/6/2017 **NICOLAS GRANGER**  
**WORLD:** 2:11.15 W 8/6/2017 **Nicolas GRANGER**  
**PAC:** 2:19.45 P 8/7/2013 **Darren D Phalen**

1	Wehmann, Todd	52	Marcia's Enthusi-38	2:54.53
2	Hertzner, Keith	51	Marcia's Enthusi-38	2:55.00
3	Fahlen, Mark	53	Modesto Area Aqu-38	2:55.10
4	Rankin, Shane	50	University of Sa-38	3:24.88

**Men 50-54 400 LC Meter IM**

**NATL:** 4:45.61 N 8/3/2017 **NICOLAS GRANGER**  
**WORLD:** 4:45.61 W 8/3/2017 **Nicolas GRANGER**  
**PAC:** 4:57.93 P 8/7/2013 **Darren D Phalen**

1	Rosales-Delmoral, Romer	51	Menlo Masters-38	6:09.02
2	Harrington, Matt	53	University of Sa-38	6:09.46
3	Kneubuhler, Yann	52	Richmond Plunge-38	6:29.92

**Men 55-59 50 LC Meter Freestyle**

**NATL:** 25.01 N 6/7/2009 **JACK GROSELLE**  
**WORLD:** 24.45 W 7/19/2015 **Brent BARNES**  
**PAC:** 25.87 P 8/3/2016 **David E Boatwrigh**

1	Langner, Mikael	56	University of Sa-38	28.40
2	Glasnapp, James	57	University of Sa-38	30.14
3	Neidhoefer, Charles	58	Santa Rosa Maste-38	30.15
4	Barajas, Nick	58	Sacramento Maste-38	31.69
5	Cocca, Christopher	59	Menlo Masters-38	32.09
6	Marcus, Jono	58	Rolling Hills Mu-38	32.50
7	Lingle, Gregory	59	Livermore Aquaco-38	32.53
8	Geller, Jason	58	The Olympic Club-38	38.24
9	Tajbaksh, Shervin	59	Marin Aquatic Ma-38	38.50
10	Abegg, Michael	59	North Bay Aquati-38	42.73
11	Shalowitz, Jon	57	University of Sa-38	48.05

**Men 55-59 100 LC Meter Freestyle**

**NATL:** 56.07 N 7/10/2015 **STEVE WOOD**  
**WORLD:** 55.76 W 4/7/2024 **Mark THOMPSON**  
**PAC:** 56.96 P 7/16/2017 **David E Boatwrigh**

1	Langner, Mikael	56	University of Sa-38	1:05.31
2	Neidhoefer, Charles	58	Santa Rosa Maste-38	1:06.21
3	Lingle, Gregory	59	Livermore Aquaco-38	1:10.61
4	Barajas, Nick	58	Sacramento Maste-38	1:11.15
5	Marcus, Jono	58	Rolling Hills Mu-38	1:11.64
6	Cocca, Christopher	59	Menlo Masters-38	1:12.83
7	Arias, Bernard	55	University of Sa-38	1:21.49
8	Abegg, Michael	59	North Bay Aquati-38	1:37.37

**Men 55-59 100 LC Meter Freestyle Splits**

**NATL:** 56.07 N 7/10/2015 **STEVE WOOD**  
**WORLD:** 55.76 W 4/7/2024 **Mark THOMPSON**  
**PAC:** 56.96 P 7/16/2017 **David E Boatwrigh**

1	Wu, Long	59	Marcia's Enthusi-38	1:22.98
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**Men 55-59 200 LC Meter Freestyle**

**NATL:** 2:04.01 N 7/26/2009 **MICHAEL MANN**  
**WORLD:** 2:04.01 W 7/26/2009 **Michael MANN**  
**PAC:** 2:05.88 P 8/3/2016 **David E Boatwrigh**

1	Neidhoefer, Charles	58	Santa Rosa Maste-38	2:29.02
2	Stegner, Jeff	59	Walnut Creek Mas-38	2:34.83
3	Kinney, Eric	55	Menlo Masters-38	2:42.28
4	Barajas, Nick	58	Sacramento Maste-38	2:45.60

5	Marcus, Jono	58	Rolling Hills Mu-38	2:46.70
6	Carter, Paul	56	Walnut Creek Mas-38	2:52.76
7	Todd, Mitchell	57	Marin Aquatic Ma-38	3:16.70

**Men 55-59 400 LC Meter Freestyle**

**NATL:** 4:22.49 N 7/25/2009 **MICHAEL MANN**  
**WORLD:** 4:22.49 W 7/25/2009 **Michael MANN**  
**PAC:** 4:25.51 P 6/17/2023 **Barton S Wells**

1	Krovetz, Ted	58	Davis Aquatic Ma-38	5:18.63
2	Carter, Paul	56	Walnut Creek Mas-38	6:34.94
3	Todd, Mitchell	57	Marin Aquatic Ma-38	6:50.27

**Men 55-59 800 LC Meter Freestyle**

**NATL:** 9:00.09 N 7/24/2009 **MICHAEL MANN**  
**WORLD:** 9:00.09 W 7/24/2009 **Michael MANN**  
**PAC:** 9:40.68 P 12/31/2003 **R Tod Spieker**

1	Krovetz, Ted	58	Davis Aquatic Ma-38	11:03.45
2	Lingle, Gregory	59	Livermore Aquaco-38	12:04.98
3	Cocca, Christopher	59	Menlo Masters-38	12:55.59
4	Marcus, Jono	58	Rolling Hills Mu-38	13:30.75

**Men 55-59 800 LC Meter Freestyle Splits**

**NATL:** 9:00.09 N 7/24/2009 **MICHAEL MANN**  
**WORLD:** 9:00.09 W 7/24/2009 **Michael MANN**  
**PAC:** 9:40.68 P 12/31/2003 **R Tod Spieker**

1	Shaffer, Mike	59	Club Hot Tub-38	9:56.41
2	Wu, Long	59	Marcia's Enthusi-38	15:29.42

**Men 55-59 1500 LC Meter Freestyle**

**NATL:** 17:22.61 N 8/10/2009 **MICHAEL MANN**  
**WORLD:** 17:22.61 W 8/10/2009 **Michael MANN**  
**PAC:** 18:05.27 P 9/11/2022 **Barton S Wells**

1	Shaffer, Mike	59	Club Hot Tub-38	19:00.29
2	Todd, Mitchell	57	Marin Aquatic Ma-38	26:52.30
3	Wu, Long	59	Marcia's Enthusi-38	28:42.90

**Men 55-59 50 LC Meter Backstroke**

**NATL:** 29.03 N 8/20/2016 **STEVE WOOD**  
**WORLD:** 29.03 W 8/20/2016 **Steve WOOD**  
**PAC:** 29.54 P 7/22/2023 **Rick Gould**

1	Langner, Mikael	56	University of Sa-38	36.61
2	Glasnapp, James	57	University of Sa-38	38.70
3	Lingle, Gregory	59	Livermore Aquaco-38	42.12

**Men 55-59 100 LC Meter Backstroke**

**NATL:** 1:03.50 N 6/21/2015 **STEVE WOOD**  
**WORLD:** 1:03.50 W 6/21/2015 **Steve WOOD**  
**PAC:** 1:05.11 P 7/23/2023 **Rick Gould**

1	Shaffer, Mike	59	Club Hot Tub-38	1:12.31
2	Langner, Mikael	56	University of Sa-38	1:17.48
3	Stegner, Jeff	59	Walnut Creek Mas-38	1:30.84

**Men 55-59 200 LC Meter Backstroke**

**NATL:** 2:20.83 N 7/20/2019 **RIP ESSELSTYN**  
**WORLD:** 2:20.83 W 7/20/2019 **Rip ESSELSTYN**  
**PAC:** 2:22.62 P 7/22/2023 **Rick Gould**

1	Shaffer, Mike	59	Club Hot Tub-38	2:37.65
2	Lingle, Gregory	59	Livermore Aquaco-38	3:13.17
3	Krovetz, Ted	58	Davis Aquatic Ma-38	3:14.39
4	Cocca, Christopher	59	Menlo Masters-38	3:15.84

## 2024 Pacific Masters Swimming LC Championship - 8/2/2024 to 8/4/2024

## Results

## Men 55-59 50 LC Meter Breaststroke

NATL: 30.56 N 8/6/2017 DAVID GUTHRIE  
 WORLD: 30.02 W 6/2/2019 C.Arturo TRAVAINI  
 PAC: 32.30 P 7/31/2022 Paul G Kraaijvang

1	Neidhoefer, Charles	58	Santa Rosa Maste-38	36.74
2	Mc Bride, Patrick	55	University of Sa-38	39.56
3	Wu, Long	59	Marcia's Enthusi-38	40.99
4	Carter, Paul	56	Walnut Creek Mas-38	42.93
5	Barajas, Nick	58	Sacramento Maste-38	43.56

## Men 55-59 100 LC Meter Breaststroke

NATL: 1:07.97 N 7/31/2015 DAVID GUTHRIE  
 WORLD: 1:07.65 W 8/13/2019 C.Arturo TRAVAINI  
 PAC: 1:13.13 P 7/30/2022 Paul G Kraaijvang

1	Neidhoefer, Charles	58	Santa Rosa Maste-38	1:24.09
2	Wu, Long	59	Marcia's Enthusi-38	1:35.13
3	Geller, Jason	58	The Olympic Club-38	1:42.73
4	Marcus, Jono	58	Rolling Hills Mu-38	1:43.33
5	Arias, Bernard	55	University of Sa-38	1:53.23
6	Kwan, Thomas	59	UC38	1:59.58
7	Shalowitz, Jon	57	University of Sa-38	2:13.96

## Men 55-59 200 LC Meter Breaststroke

NATL: 2:30.63 N 8/21/2016 DAVID GUTHRIE  
 WORLD: 2:30.63 W 8/21/2016 David GUTHRIE  
 PAC: 2:46.31 P 12/31/2001 Robert Strand

1	Neidhoefer, Charles	58	Santa Rosa Maste-38	3:06.68
2	Mc Bride, Patrick	55	University of Sa-38	3:10.80
3	McAdam, Sam	59	Davis Aquatic Ma-38	3:10.89
4	Wu, Long	59	Marcia's Enthusi-38	3:32.50
5	Kwan, Thomas	59	UC38	4:29.29

## Men 55-59 50 LC Meter Butterfly

NATL: 26.56 N 10/10/2021 STEVE HILTABIDDLE  
 WORLD: 26.56 W 10/10/2021 Steve HILTABIDDLE  
 PAC: 27.31 P 12/31/2012 Paul V Carter

1	Mc Bride, Patrick	55	University of Sa-38	33.44
2	Marcus, Jono	58	Rolling Hills Mu-38	37.52
3	Barajas, Nick	58	Sacramento Maste-38	37.68

## Men 55-59 100 LC Meter Butterfly

NATL: 1:00.56 N 8/11/2012 PAUL CARTER  
 WORLD: 1:00.56 W 8/11/2012 Paul CARTER  
 PAC: 1:00.56 P 12/31/2012 Paul V Carter

1	Shaffer, Mike	59	Club Hot Tub-38	1:08.41
2	Lingle, Gregory	59	Livermore Aquaco-38	1:31.35
---	Kwan, Thomas	59	UC38	DQ

## Men 55-59 200 LC Meter Butterfly

NATL: 2:18.37 N 8/4/2017 DAVID SIMS  
 WORLD: 2:16.78 W 8/15/2015 Marcus MATTIOLI  
 PAC: 2:28.82 P 7/23/2023 Mike G Shaffer

1	Shaffer, Mike	59	Club Hot Tub-38	2:31.91
2	Kinney, Eric	55	Menlo Masters-38	3:17.35
3	Wu, Long	59	Marcia's Enthusi-38	4:36.04

## Men 55-59 200 LC Meter IM

NATL: 2:20.67 N 2/22/2020 JEROME FRENTSOS  
 WORLD: 2:20.67 W 2/22/2020 Jerome FRENTSOS  
 PAC: 2:27.18 P 12/31/2012 Paul V Carter

1	Langner, Mikael	56	University of Sa-38	2:53.01
2	Stegner, Jeff	59	Walnut Creek Mas-38	2:53.14
3	Mc Bride, Patrick	55	University of Sa-38	2:57.96
4	Krovetz, Ted	58	Davis Aquatic Ma-38	3:00.43
5	Carter, Paul	56	Walnut Creek Mas-38	3:09.65
6	Wu, Long	59	Marcia's Enthusi-38	3:29.55

## Men 55-59 400 LC Meter IM

NATL: 5:04.07 N 7/26/2009 MICHAEL MANN  
 WORLD: 4:57.55 W 4/2/2022 Brent FOSTER  
 PAC: 5:27.97 P 7/21/2023 Mike G Shaffer

1	Shaffer, Mike	59	Club Hot Tub-38	5:33.10
2	Langner, Mikael	56	University of Sa-38	6:35.43

## Men 60-64 50 LC Meter Freestyle

NATL: 25.23 N 8/10/2006 RICHARD ABRAHAMS  
 WORLD: 24.82 W 3/1/2024 Calvin MAUGHAN  
 PAC: 26.70 P 4/25/2021 David E Boatwright

1	Manley, Kanui	60	Penguin Swim Clu-38	28.70
2	Tom, Daniel	60	Menlo Masters-38	29.26
3	Nootbaar, Tom	61	Walnut Creek Mas-38	29.41
4	Keating, Kevin	61	Sebastopol Maste-38	30.30
5	Flegel, Michael	61	Livermore Aquaco-38	32.52
6	Suess, Robert	63	Rolling Hills Mu-38	32.98
7	Gustavson, Jeffrey	62	West Hollywood A-33	34.02
8	Prochnow, Kevin	62	Marin Aquatic Ma-38	34.37
9	Mallon, Ken	60	Quicksilver Mast-38	34.62
10	O'Brien, Brad	62	Rolling Hills Mu-38	35.93
11	Dapkewicz, Jack	64	Davis Aquatic Ma-38	36.15

## Men 60-64 100 LC Meter Freestyle

NATL: 57.39 N 5/18/2024 CALVIN MAUGHAN  
 WORLD: 57.66 W 9/4/2022 Ahmet NAKKAS  
 PAC: 58.98 P 6/13/2021 David E Boatwright

1	Manley, Kanui	60	Penguin Swim Clu-38	1:03.09
2	Nootbaar, Tom	61	Walnut Creek Mas-38	1:04.67
3	Keating, Kevin	61	Sebastopol Maste-38	1:08.87
4	Miller, Tim	61	Stanford Masters-38	1:10.66
5	Flegel, Michael	61	Livermore Aquaco-38	1:12.98
6	Gustavson, Jeffrey	62	West Hollywood A-33	1:17.80
7	Prochnow, Kevin	62	Marin Aquatic Ma-38	1:20.95
8	Mallon, Ken	60	Quicksilver Mast-38	1:21.54
9	Dapkewicz, Jack	64	Davis Aquatic Ma-38	1:25.30
10	O'Brien, Brad	62	Rolling Hills Mu-38	1:29.57

## Men 60-64 200 LC Meter Freestyle

NATL: 2:07.68 N 8/6/2017 DAN STEPHENSON  
 WORLD: 2:07.68 W 8/6/2017 Dan STEPHENSON  
 PAC: 2:13.12 P 5/23/2021 David E Boatwright

1	Manley, Kanui	60	Penguin Swim Clu-38	2:21.12
2	Hathaway, David	64	Oregon Masters-37	2:22.39
3	Spitzler, David	61	Burlingame Aquat-38	2:30.60
4	Miller, Tim	61	Stanford Masters-38	2:36.50
5	Taylor, Ron	64	Richmond Plunge-38	2:43.84
6	Flegel, Michael	61	Livermore Aquaco-38	2:46.93

## 2024 Pacific Masters Swimming LC Championship - 8/2/2024 to 8/4/2024

## Results

**(Men 60-64 200 LC Meter Freestyle)**

7	Gustavson, Jeffrey	62	West Hollywood A-33	2:56.91
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**Men 60-64 400 LC Meter Freestyle**

<b>NATL:</b>	<b>4:35.36 N 2/28/2024</b>	<b>FRED SCHUSTER</b>
<b>WORLD:</b>	<b>4:30.15 W 6/19/2023</b>	<b>J.Carlos VALLEJO</b>
<b>PAC:</b>	<b>4:45.66 P 8/1/2021</b>	<b>David E Boatwrigth</b>

1	Hathaway, David	64	Oregon Masters-37	4:57.39
2	Gustavson, Jeffrey	62	West Hollywood A-33	6:43.52
3	Burbage-Macaluso, Dan	61	Sacramento Maste-38	8:12.80
4	Smith, Matt	60	University of Sa-38	8:36.50

**Men 60-64 800 LC Meter Freestyle**

<b>NATL:</b>	<b>9:29.70 N 8/12/2018</b>	<b>ANDREW BRAY</b>
<b>WORLD:</b>	<b>9:21.08 W 5/20/2022</b>	<b>Arnaldo PEREZ</b>
<b>PAC:</b>	<b>9:52.70 P 8/1/2021</b>	<b>David E Boatwrigth</b>

1	Spitzler, David	61	Burlingame Aquat-38	10:20.70
2	Hathaway, David	64	Oregon Masters-37	10:40.87
3	Taylor, Ron	64	Richmond Plunge-38	11:54.22
4	Burbage-Macaluso, Dan	61	Sacramento Maste-38	16:07.18

**Men 60-64 1500 LC Meter Freestyle**

<b>NATL:</b>	<b>17:55.91 N 8/3/2022</b>	<b>ARNALDO PEREZ</b>
<b>WORLD:</b>	<b>17:55.91 W 8/3/2022</b>	<b>Arnaldo PEREZ</b>
<b>PAC:</b>	<b>19:06.93 P 8/7/2013</b>	<b>Michael G McCaffe</b>

1	Spitzler, David	61	Burlingame Aquat-38	20:01.14
2	Hathaway, David	64	Oregon Masters-37	20:15.55
3	Tainty, Chris	64	Santa Cruz Maste-38	20:27.60
4	Notaro, Michael	62	Manatee Aquatic-38	21:00.49
5	Taylor, Ron	64	Richmond Plunge-38	23:03.98

**Men 60-64 50 LC Meter Backstroke**

<b>NATL:</b>	<b>30.59 N 8/10/2019</b>	<b>JAMIE FOWLER</b>
<b>WORLD:</b>	<b>30.46 W 3/9/2024</b>	<b>Thomas DOCKHORN</b>
<b>PAC:</b>	<b>32.11 P 12/31/2003</b>	<b>Richard Burns</b>

1	Chao, Hector	60	Walnut Creek Mas-38	33.55
2	Manley, Kanui	60	Penguin Swim Clu-38	34.47
3	Taylor, Ron	64	Richmond Plunge-38	35.09
4	Tom, Daniel	60	Menlo Masters-38	35.92
5	Smith, Curtice	60	University of Sa-38	38.24
6	Nootbaar, Tom	61	Walnut Creek Mas-38	38.32
7	Laudenslager, Greg	63	Rolling Hills Mu-38	39.56
8	Prochnow, Kevin	62	Marin Aquatic Ma-38	43.99
9	Suess, Robert	63	Rolling Hills Mu-38	49.87

**Men 60-64 100 LC Meter Backstroke**

<b>NATL:</b>	<b>1:06.08 N 8/11/2019</b>	<b>JAMIE FOWLER</b>
<b>WORLD:</b>	<b>1:06.08 W 8/11/2019</b>	<b>Jamie FOWLER</b>
<b>PAC:</b>	<b>1:11.48 P 8/7/2013</b>	<b>Fred Ferroggiaro</b>

1	Chao, Hector	60	Walnut Creek Mas-38	1:13.40
2	Tom, Daniel	60	Menlo Masters-38	1:18.13
3	Hathaway, David	64	Oregon Masters-37	1:18.24
4	Laudenslager, Greg	63	Rolling Hills Mu-38	1:25.33
5	Prochnow, Kevin	62	Marin Aquatic Ma-38	1:47.93

**Men 60-64 200 LC Meter Backstroke**

<b>NATL:</b>	<b>2:26.12 N 8/8/2019</b>	<b>JAMIE FOWLER</b>
<b>WORLD:</b>	<b>2:26.12 W 8/8/2019</b>	<b>Jamie FOWLER</b>
<b>PAC:</b>	<b>2:33.09 P 8/7/2013</b>	<b>Fred Ferroggiaro</b>

1	Chao, Hector	60	Walnut Creek Mas-38	2:39.88
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2	Smith, Curtice	60	University of Sa-38	3:07.55
3	Laudenslager, Greg	63	Rolling Hills Mu-38	3:08.07
4	Gustavson, Jeffrey	62	West Hollywood A-33	3:34.43

**Men 60-64 50 LC Meter Breaststroke**

<b>NATL:</b>	<b>31.95 N 8/7/2022</b>	<b>DAVID GUTHRIE</b>
<b>WORLD:</b>	<b>30.57 W 6/30/2023</b>	<b>C.Arturo TRAVAINI</b>
<b>PAC:</b>	<b>33.41 P 12/31/2008</b>	<b>Robert Strand</b>

1	Tom, Daniel	60	Menlo Masters-38	34.89
2	Miller, Tim	61	Stanford Masters-38	36.47
3	Laudenslager, Greg	63	Rolling Hills Mu-38	38.08
4	Ewing, Jack	64	University of Sa-38	42.11
5	Suess, Robert	63	Rolling Hills Mu-38	45.48
6	Mallon, Ken	60	Quicksilver Mast-38	47.83
7	Prochnow, Kevin	62	Marin Aquatic Ma-38	53.82

**Men 60-64 100 LC Meter Breaststroke**

<b>NATL:</b>	<b>1:11.64 N 8/5/2022</b>	<b>DAVID GUTHRIE</b>
<b>WORLD:</b>	<b>1:09.57 W 8/6/2023</b>	<b>C.Arturo TRAVAINI</b>
<b>PAC:</b>	<b>1:15.42 P 12/31/2008</b>	<b>Robert Strand</b>

1	Tom, Daniel	60	Menlo Masters-38	1:20.29
2	Laudenslager, Greg	63	Rolling Hills Mu-38	1:28.16
---	Miller, Tim	61	Stanford Masters-38	DQ

**Men 60-64 200 LC Meter Breaststroke**

<b>NATL:</b>	<b>2:39.49 N 8/6/2022</b>	<b>DAVID GUTHRIE</b>
<b>WORLD:</b>	<b>2:33.57 W 6/29/2023</b>	<b>C.Arturo TRAVAINI</b>
<b>PAC:</b>	<b>2:50.77 P 12/31/2008</b>	<b>Robert Strand</b>

1	Tom, Daniel	60	Menlo Masters-38	3:03.33
2	Miller, Tim	61	Stanford Masters-38	3:04.26
3	Laudenslager, Greg	63	Rolling Hills Mu-38	3:19.85

**Men 60-64 50 LC Meter Butterfly**

<b>NATL:</b>	<b>27.85 N 8/6/2017</b>	<b>TRIP HEDRICK</b>
<b>WORLD:</b>	<b>27.57 W 6/4/2023</b>	<b>David EMERSON</b>
<b>PAC:</b>	<b>28.37 P 8/3/2017</b>	<b>Paul V Carter</b>

1	Chao, Hector	60	Walnut Creek Mas-38	31.03
2	Manley, Kanui	60	Penguin Swim Clu-38	31.23
3	Keating, Kevin	61	Sebastopol Maste-38	31.34
4	Smith, Curtice	60	University of Sa-38	33.40
5	Suess, Robert	63	Rolling Hills Mu-38	41.25
6	Mallon, Ken	60	Quicksilver Mast-38	42.40
7	Gustavson, Jeffrey	62	West Hollywood A-33	44.95

**Men 60-64 100 LC Meter Butterfly**

<b>NATL:</b>	<b>1:03.03 N 8/15/2005</b>	<b>RICHARD ABRAHAMS</b>
<b>WORLD:</b>	<b>1:02.00 W 5/5/2018</b>	<b>Hugo BREGMAN</b>
<b>PAC:</b>	<b>1:07.28 P 7/22/2023</b>	<b>Kenneth W Tittle</b>

1	Chao, Hector	60	Walnut Creek Mas-38	1:09.37
2	Nootbaar, Tom	61	Walnut Creek Mas-38	1:15.00
3	Keating, Kevin	61	Sebastopol Maste-38	1:18.46
4	Hathaway, David	64	Oregon Masters-37	1:18.52
5	Smith, Curtice	60	University of Sa-38	1:19.25

**Men 60-64 200 LC Meter Butterfly**

<b>NATL:</b>	<b>2:27.05 N 6/8/2024</b>	<b>ARNALDO PEREZ</b>
<b>WORLD:</b>	<b>2:23.52 W 5/4/2018</b>	<b>Hugo BREGMAN</b>
<b>PAC:</b>	<b>2:42.84 P 8/6/2016</b>	<b>Peter M Guadagni</b>

1	Taylor, Ron	64	Richmond Plunge-38	3:21.27
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## 2024 Pacific Masters Swimming LC Championship - 8/2/2024 to 8/4/2024

## Results

**Men 60-64 200 LC Meter IM**

NATL: 2:21.99 N 8/17/2014 RICK COLELLA

WORLD: 2:21.99 W 8/17/2014 Rick COLELLA

PAC: 2:32.63 P 12/31/2011 Tim Broderick

1	Chao, Hector	60	Walnut Creek Mas-38	2:43.36
2	Smith, Curtice	60	University of Sa-38	2:56.78
3	Ewing, Jack	64	University of Sa-38	3:36.38
4	Burbage-Macaluso, Dan	61	Sacramento Maste-38	4:15.06

**Men 60-64 400 LC Meter IM**

NATL: 5:08.20 N 8/15/2014 RICK COLELLA

WORLD: 5:08.20 W 8/15/2014 Rick COLELLA

PAC: 5:37.64 P 12/31/2010 Jim Clemmons

1	Smith, Curtice	60	University of Sa-38	6:16.31
2	Coombs, Craig	64	University of Sa-38	7:03.30

**Men 65-69 50 LC Meter Freestyle**

NATL: 26.21 N 7/6/2018 DOUG MARTIN

WORLD: 26.21 W 7/6/2018 Doug MARTIN

PAC: 27.38 P 7/23/2016 Tate Holt

1	Spellberg, Geoff	68	North Bay Aquati-38	30.65
2	Cochrane, James	66	Rolling Hills Mu-38	36.81
3	Goupil, Dominique	69	Fremont Hills Ma-38	41.13
4	Geisler, Maynard	65	Tamalpais Aquati-38	42.00
5	Thompson, Jerry	66	Rolling Hills Mu-38	42.89

**Men 65-69 100 LC Meter Freestyle**

NATL: 59.49 N 8/9/2019 JACK GROSELLE

WORLD: 59.49 W 8/9/2019 Jack GROSELLE

PAC: 1:01.69 P 7/24/2016 Tate Holt

1	Cutting, Steve	67	Manatee Aquatic-38	1:08.03
2	Spellberg, Geoff	68	North Bay Aquati-38	1:11.49
3	Rock, Christopher	65	Davis Aquatic Ma-38	1:12.14
4	Citron, Jeffrey	69	Marcia's Enthusi-38	1:15.52
5	Maritzen, Michael	68	Rolling Hills Mu-38	1:21.61
6	Diers, Phil	67	SF Tsunami Maste-38	2:01.78

**Men 65-69 200 LC Meter Freestyle**

NATL: 2:09.39 N 8/6/2017 RICK COLELLA

WORLD: 2:09.39 W 8/6/2017 Rick COLELLA

PAC: 2:18.51 P 7/24/2016 Tim Broderick

1	Cutting, Steve	67	Manatee Aquatic-38	2:37.26
2	O'Brien, Kerry	67	Walnut Creek Mas-38	2:43.70
3	Wagner, Chris	65	University of Sa-38	2:45.57
4	Kemler, David	66	Walnut Creek Mas-38	2:46.29
5	Halsted, Lance	65	Davis Aquatic Ma-38	2:46.37
6	Schwartz, Mark	66	Davis Aquatic Ma-38	2:55.53
7	Maritzen, Michael	68	Rolling Hills Mu-38	3:11.94
8	Hektner, Eric	66	Sebastopol Maste-38	3:24.01
9	Williams, Syd	69	University of Sa-38	3:46.69
10	Diers, Phil	67	SF Tsunami Maste-38	4:39.78

**Men 65-69 400 LC Meter Freestyle**

NATL: 4:37.70 N 8/4/2017 RICK COLELLA

WORLD: 4:37.70 W 8/4/2017 Rick COLELLA

PAC: 5:05.03 P 7/23/2023 Mark Evans

1	Wagner, Chris	65	University of Sa-38	5:42.02
2	Rock, Christopher	65	Davis Aquatic Ma-38	5:43.32
3	Halsted, Lance	65	Davis Aquatic Ma-38	5:55.86
4	Kemler, David	66	Walnut Creek Mas-38	5:58.99

5 Young, Stephen 66 University of Sa-38 9:06.72

**Men 65-69 400 LC Meter Freestyle Splits**

NATL: 4:37.70 N 8/4/2017 RICK COLELLA

WORLD: 4:37.70 W 8/4/2017 Rick COLELLA

PAC: 5:05.03 P 7/23/2023 Mark Evans

1 Anderson, Bob 69 Menlo Masters-38 6:46.19

**Men 65-69 800 LC Meter Freestyle**

NATL: 10:01.92 N 8/4/2022 DAN STEPHENSON

WORLD: 9:48.95 W 8/3/2023 Djan MADRUGA

PAC: 10:31.70 P 7/28/2018 Fred Ferroggiaro

1	Kemler, David	66	Walnut Creek Mas-38	12:05.28
2	Wagner, Chris	65	University of Sa-38	12:06.69
3	Spellberg, Geoff	68	North Bay Aquati-38	12:36.45
4	Citron, Jeffrey	69	Marcia's Enthusi-38	12:38.15
5	Anderson, Bob	69	Menlo Masters-38	13:34.07
6	Maritzen, Michael	68	Rolling Hills Mu-38	14:24.57
7	Young, Stephen	66	University of Sa-38	19:24.66

**Men 65-69 1500 LC Meter Freestyle**

NATL: 19:28.61 N 6/17/2023 JAMES RITTER

WORLD: 18:43.53 W 10/15/2023 Paul BLACKBEARD

PAC: 20:19.61 P 7/21/2023 Mark Evans

1	Wagner, Chris	65	University of Sa-38	22:47.68
2	Citron, Jeffrey	69	Marcia's Enthusi-38	24:04.48
3	Woodruff, David	68	Davis Aquatic Ma-38	25:28.06
4	Maritzen, Michael	68	Rolling Hills Mu-38	27:23.22
5	Young, Stephen	66	University of Sa-38	40:22.70

**Men 65-69 50 LC Meter Backstroke**

NATL: 30.95 N 7/12/2012 HUGH WILDER

WORLD: 30.95 W 7/7/2012 Hugh WILDER

PAC: 30.95 P 12/31/2012 Hugh Wilder

1	Cutting, Steve	67	Manatee Aquatic-38	37.41
2	Woodruff, David	68	Davis Aquatic Ma-38	46.37
3	Cochrane, James	66	Rolling Hills Mu-38	49.20
4	Goupil, Dominique	69	Fremont Hills Ma-38	52.04
5	Thompson, Jerry	66	Rolling Hills Mu-38	54.27

**Men 65-69 100 LC Meter Backstroke**

NATL: 1:09.79 N 7/8/2012 HUGH WILDER

WORLD: 1:08.15 W 4/22/2022 Vladimir GORKOV

PAC: 1:09.79 P 12/31/2012 Hugh Wilder

1	Cutting, Steve	67	Manatee Aquatic-38	1:20.15
2	Wagner, Chris	65	University of Sa-38	1:23.54
3	Rock, Christopher	65	Davis Aquatic Ma-38	1:25.03
4	Maritzen, Michael	68	Rolling Hills Mu-38	1:41.58
5	Schwartz, Mark	66	Davis Aquatic Ma-38	1:43.05
6	Cochrane, James	66	Rolling Hills Mu-38	1:54.04
7	Goupil, Dominique	69	Fremont Hills Ma-38	1:55.73

**Men 65-69 200 LC Meter Backstroke**

NATL: 2:32.79 N 8/5/2022 DAN STEPHENSON

WORLD: 2:31.62 W 4/23/2022 Vladimir GORKOV

PAC: 2:39.02 P 8/8/2019 Fred Ferroggiaro

1	Cutting, Steve	67	Manatee Aquatic-38	2:53.39
2	Kemler, David	66	Walnut Creek Mas-38	3:03.27
3	Wagner, Chris	65	University of Sa-38	3:04.36
4	Rock, Christopher	65	Davis Aquatic Ma-38	3:07.60
5	Citron, Jeffrey	69	Marcia's Enthusi-38	3:22.69

## 2024 Pacific Masters Swimming LC Championship - 8/2/2024 to 8/4/2024

## Results

**(Men 65-69 200 LC Meter Backstroke)**

6	Young, Stephen	66	University of Sa-38	4:56.60
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**Men 65-69 50 LC Meter Breaststroke**

<b>NATL:</b>	<b>33.30</b>	<b>N 8/19/2016</b>	<b>RICK COLELLA</b>
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<b>WORLD:</b>	<b>33.30</b>	<b>W 8/19/2016</b>	<b>Rick COLELLA</b>
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<b>PAC:</b>	<b>35.00</b>	<b>P 12/31/2009</b>	<b>Kenneth A Frost</b>
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1	Tulin, Bill	66	Tamalpais Aquati-38	42.04
2	Anderson, Bob	69	Menlo Masters-38	42.43
3	Braham, Bob	65	The Bay Club-38	42.91
4	Woodruff, David	68	Davis Aquatic Ma-38	45.47
5	Cottingham, John	65	Los Gatos Swim A-38	46.77
6	Hektner, Eric	66	Sebastopol Maste-38	46.85
7	Geisler, Maynard	65	Tamalpais Aquati-38	50.21
8	Williams, Syd	69	University of Sa-38	52.90
9	Thompson, Jerry	66	Rolling Hills Mu-38	54.61
10	Diers, Phil	67	SF Tsunami Maste-38	1:09.35
---	Goupil, Dominique	69	Fremont Hills Ma-38	DQ
---	Kalousek, Jakub	65	UC38	DQ

**Men 65-69 100 LC Meter Breaststroke**

<b>NATL:</b>	<b>1:14.77</b>	<b>N 8/5/2017</b>	<b>RICK COLELLA</b>
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<b>WORLD:</b>	<b>1:14.77</b>	<b>W 8/5/2017</b>	<b>Rick COLELLA</b>
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<b>PAC:</b>	<b>1:18.11</b>	<b>P 12/31/2009</b>	<b>Kenneth A Frost</b>
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1	Woodruff, David	68	Davis Aquatic Ma-38	1:41.92
2	Anderson, Bob	69	Menlo Masters-38	1:42.68
3	Goupil, Dominique	69	Fremont Hills Ma-38	1:48.98
4	Diers, Phil	67	SF Tsunami Maste-38	2:34.20
5	Young, Stephen	66	University of Sa-38	2:47.71

**Men 65-69 200 LC Meter Breaststroke**

<b>NATL:</b>	<b>2:41.54</b>	<b>N 8/21/2016</b>	<b>RICK COLELLA</b>
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<b>WORLD:</b>	<b>2:41.54</b>	<b>W 8/21/2016</b>	<b>Rick COLELLA</b>
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<b>PAC:</b>	<b>2:59.54</b>	<b>P 12/31/2009</b>	<b>Kenneth A Frost</b>
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1	Braham, Bob	65	The Bay Club-38	3:38.54
2	Anderson, Bob	69	Menlo Masters-38	3:45.00
3	Goupil, Dominique	69	Fremont Hills Ma-38	4:01.47
4	Hektner, Eric	66	Sebastopol Maste-38	4:03.35
5	Williams, Syd	69	University of Sa-38	4:06.15
6	Young, Stephen	66	University of Sa-38	5:59.93

**Men 65-69 50 LC Meter Butterfly**

<b>NATL:</b>	<b>28.38</b>	<b>N 8/8/2021</b>	<b>TRIP HEDRICK</b>
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<b>WORLD:</b>	<b>28.26</b>	<b>W 8/7/2023</b>	<b>Dan THOMPSON</b>
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<b>PAC:</b>	<b>29.36</b>	<b>P 8/13/2022</b>	<b>Paul V Carter</b>
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1	O'Brien, Kerry	67	Walnut Creek Mas-38	36.40
2	Cottingham, John	65	Los Gatos Swim A-38	36.59
3	Halsted, Lance	65	Davis Aquatic Ma-38	37.77
4	Schwartz, Mark	66	Davis Aquatic Ma-38	39.93
5	Woodruff, David	68	Davis Aquatic Ma-38	41.36

**Men 65-69 100 LC Meter Butterfly**

<b>NATL:</b>	<b>1:05.83</b>	<b>N 8/6/2017</b>	<b>RICK COLELLA</b>
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<b>WORLD:</b>	<b>1:05.82</b>	<b>W 5/5/2023</b>	<b>Hugo BREGMAN</b>
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<b>PAC:</b>	<b>1:12.61</b>	<b>P 7/22/2023</b>	<b>Mark Evans</b>
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1	Spellberg, Geoff	68	North Bay Aquati-38	1:26.82
2	Anderson, Bob	69	Menlo Masters-38	1:39.65

**Men 65-69 200 LC Meter Butterfly**

<b>NATL:</b>	<b>2:33.40</b>	<b>N 6/12/2016</b>	<b>LAWRENCE DAY</b>
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<b>WORLD:</b>	<b>2:32.00</b>	<b>W 5/7/2023</b>	<b>Hugo BREGMAN</b>
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<b>PAC:</b>	<b>2:49.73</b>	<b>P 7/26/2015</b>	<b>Joel R Wilson</b>
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1	Anderson, Bob	69	Menlo Masters-38	3:46.75
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**Men 65-69 200 LC Meter IM**

<b>NATL:</b>	<b>2:25.22</b>	<b>N 8/19/2016</b>	<b>RICK COLELLA</b>
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<b>WORLD:</b>	<b>2:25.22</b>	<b>W 8/19/2016</b>	<b>Rick COLELLA</b>
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<b>PAC:</b>	<b>2:41.20</b>	<b>P 8/9/2014</b>	<b>Alek I Shestakov</b>
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1	Cutting, Steve	67	Manatee Aquatic-38	2:56.51
2	Rock, Christopher	65	Davis Aquatic Ma-38	3:03.69
3	Kemler, David	66	Walnut Creek Mas-38	3:13.44
4	Diers, Phil	67	SF Tsunami Maste-38	5:29.24

**Men 65-69 400 LC Meter IM**

<b>NATL:</b>	<b>5:13.36</b>	<b>N 8/3/2017</b>	<b>RICK COLELLA</b>
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<b>WORLD:</b>	<b>5:13.36</b>	<b>W 8/3/2017</b>	<b>Rick COLELLA</b>
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<b>PAC:</b>	<b>5:45.74</b>	<b>P 6/12/2016</b>	<b>Tim Broderick</b>
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1	Kemler, David	66	Walnut Creek Mas-38	6:57.22
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**Men 70-74 50 LC Meter Freestyle**

<b>NATL:</b>	<b>27.12</b>	<b>N 1/20/2023</b>	<b>DOUG MARTIN</b>
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<b>WORLD:</b>	<b>27.12</b>	<b>W 1/20/2023</b>	<b>Doug MARTIN</b>
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<b>PAC:</b>	<b>28.55</b>	<b>P 5/19/2013</b>	<b>James E Elder</b>
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1	Van Boer, Eric	70	Rolling Hills Mu-38	30.37
2	Durell, Robert	73	Albany Armada Aq-38	35.64
3	Au, Andre	71	Albany Armada Aq-38	41.27

**Men 70-74 100 LC Meter Freestyle**

<b>NATL:</b>	<b>1:03.32</b>	<b>N 8/8/2015</b>	<b>DAVID QUIGGIN</b>
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<b>WORLD:</b>	<b>1:03.32</b>	<b>W 8/8/2015</b>	<b>David QUIGGIN</b>
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<b>PAC:</b>	<b>1:04.85</b>	<b>P 8/7/2013</b>	<b>Richard Burns</b>
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1	Durell, Robert	73	Albany Armada Aq-38	1:29.13
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**Men 70-74 100 LC Meter Freestyle Splits**

<b>NATL:</b>	<b>1:03.32</b>	<b>N 8/8/2015</b>	<b>DAVID QUIGGIN</b>
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<b>WORLD:</b>	<b>1:03.32</b>	<b>W 8/8/2015</b>	<b>David QUIGGIN</b>
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<b>PAC:</b>	<b>1:04.85</b>	<b>P 8/7/2013</b>	<b>Richard Burns</b>
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1	Small, Stephen	72	Marcia's Enthusi-38	1:18.70
2	Kahn, Stuart	71	Davis Aquatic Ma-38	1:25.13

**Men 70-74 200 LC Meter Freestyle**

<b>NATL:</b>	<b>2:23.30</b>	<b>N 7/31/2018</b>	<b>FRED SCHLICHER</b>
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<b>WORLD:</b>	<b>2:22.88</b>	<b>W 2/11/2024</b>	<b>Akira IIDA</b>
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<b>PAC:</b>	<b>2:27.26</b>	<b>P 8/14/2019</b>	<b>Alan D Bernard</b>
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1	Van Boer, Eric	70	Rolling Hills Mu-38	2:42.02
2	Bell, Gordon	72	Walnut Creek Mas-38	2:44.65
3	Kahn, Stuart	71	Davis Aquatic Ma-38	2:53.56
4	Virtue, Paul	73	University of Sa-38	2:56.56
5	Small, Stephen	72	Marcia's Enthusi-38	2:57.28
6	Senz, Doug	72	Marcia's Enthusi-38	3:47.32

**Men 70-74 400 LC Meter Freestyle Splits**

<b>NATL:</b>	<b>4:57.84</b>	<b>N 7/1/2023</b>	<b>RICK COLELLA</b>
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<b>WORLD:</b>	<b>4:57.84</b>	<b>W 7/1/2023</b>	<b>Rick COLELLA</b>
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<b>PAC:</b>	<b>5:21.38</b>	<b>P 8/5/2023</b>	<b>Fred Ferrogiario</b>
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1	Small, Stephen	72	Marcia's Enthusi-38	6:25.68
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## 2024 Pacific Masters Swimming LC Championship - 8/2/2024 to 8/4/2024

## Results

**Men 70-74 400 LC Meter Freestyle**

<b>NATL: 4:57.84 N 7/1/2023 RICK COLELLA</b>			
<b>WORLD: 4:57.84 W 7/1/2023 Rick COLELLA</b>			
<b>PAC: 5:21.38 P 8/5/2023 Fred Ferroggiaro</b>			
1	Bell, Gordon	72 Walnut Creek Mas-38	5:50.92
2	Senz, Doug	72 Marcia's Enthusi-38	7:52.14

**Men 70-74 800 LC Meter Freestyle**

<b>NATL: 10:12.57 N 7/1/2023 RICK COLELLA</b>			
<b>WORLD: 10:12.57 W 7/1/2023 Rick COLELLA</b>			
<b>PAC: 11:00.56 P 8/3/2023 Fred Ferroggiaro</b>			
1	Bell, Gordon	72 Walnut Creek Mas-38	11:55.99

**Men 70-74 800 LC Meter Freestyle Splits**

<b>NATL: 10:12.57 N 7/1/2023 RICK COLELLA</b>			
<b>WORLD: 10:12.57 W 7/1/2023 Rick COLELLA</b>			
<b>PAC: 11:00.56 P 8/3/2023 Fred Ferroggiaro</b>			
1	Small, Stephen	72 Marcia's Enthusi-38	12:58.51
2	Kahn, Stuart	71 Davis Aquatic Ma-38	13:01.93

**Men 70-74 1500 LC Meter Freestyle**

<b>NATL: 20:26.12 N 7/20/2018 DAN KIRKLAND</b>			
<b>WORLD: 20:26.12 W 7/20/2018 Dan KIRKLAND</b>			
<b>PAC: 22:08.38 P 8/2/2017 Edward Rudloff</b>			
1	Bell, Gordon	72 Walnut Creek Mas-38	22:47.21
2	Virtue, Paul	73 University of Sa-38	23:46.24
3	Small, Stephen	72 Marcia's Enthusi-38	24:12.45
4	Kahn, Stuart	71 Davis Aquatic Ma-38	24:22.59
5	Winterrowd, Dan	74 Marcia's Enthusi-38	26:30.63
6	Senz, Doug	72 Marcia's Enthusi-38	32:10.26

**Men 70-74 50 LC Meter Backstroke**

<b>NATL: 33.16 N 1/19/2024 TOM WOLF</b>			
<b>WORLD: 33.16 W 1/19/2024 Tom WOLF</b>			
<b>PAC: 33.59 P 8/7/2013 Richard Burns</b>			
1	Van Boer, Eric	70 Rolling Hills Mu-38	36.61
2	Durell, Robert	73 Albany Armada Aq-38	48.83
3	Au, Andre	71 Albany Armada Aq-38	1:03.76

**Men 70-74 100 LC Meter Backstroke**

<b>NATL: 1:13.49 N 8/6/2017 HUGH WILDER</b>			
<b>WORLD: 1:13.49 W 8/6/2017 Hugh WILDER</b>			
<b>PAC: 1:15.13 P 6/15/2013 Richard Burns</b>			
1	Van Boer, Eric	70 Rolling Hills Mu-38	1:22.85
2	Johanson, Jeff	70 Bret Harte Aquat-38	1:38.60

**Men 70-74 100 LC Meter Backstroke Splits**

<b>NATL: 1:13.49 N 8/6/2017 HUGH WILDER</b>			
<b>WORLD: 1:13.49 W 8/6/2017 Hugh WILDER</b>			
<b>PAC: 1:15.13 P 6/15/2013 Richard Burns</b>			
1	Small, Stephen	72 Marcia's Enthusi-38	1:40.84

**Men 70-74 200 LC Meter Backstroke**

<b>NATL: 2:40.25 N 6/5/2021 LAWRENCE DAY</b>			
<b>WORLD: 2:40.25 W 6/5/2021 Lawrence DAY</b>			
<b>PAC: 2:44.16 P 8/6/2023 Fred Ferroggiaro</b>			
1	Van Boer, Eric	70 Rolling Hills Mu-38	3:07.35
2	Johanson, Jeff	70 Bret Harte Aquat-38	3:27.53
3	Small, Stephen	72 Marcia's Enthusi-38	3:38.42

**Men 70-74 50 LC Meter Breaststroke**

<b>NATL: 34.69 N 7/1/2023 RICK COLELLA</b>			
<b>WORLD: 34.69 W 7/1/2023 Rick COLELLA</b>			
<b>PAC: 37.34 P 8/9/2014 Kenneth A Frost</b>			
1	Ottersen, Craig	72 Park Terrace Mas-38	37.47
2	Swenor, Gary	70 Longhorn Aquatic-43	42.29
3	Johanson, Jeff	70 Bret Harte Aquat-38	47.17
4	Au, Andre	71 Albany Armada Aq-38	57.66

**Men 70-74 100 LC Meter Breaststroke**

<b>NATL: 1:17.80 N 7/1/2023 RICK COLELLA</b>			
<b>WORLD: 1:17.80 W 7/1/2023 Rick COLELLA</b>			
<b>PAC: 1:23.65 P 8/9/2014 Kenneth A Frost</b>			
1	Johanson, Jeff	70 Bret Harte Aquat-38	1:44.93

**Men 70-74 200 LC Meter Breaststroke**

<b>NATL: 2:48.97 N 7/1/2023 RICK COLELLA</b>			
<b>WORLD: 2:48.97 W 7/1/2023 Rick COLELLA</b>			
<b>PAC: 3:07.93 P 8/9/2014 Kenneth A Frost</b>			
1	Bell, Gordon	72 Walnut Creek Mas-38	3:46.27
2	Swenor, Gary	70 Longhorn Aquatic-43	3:46.45
3	Johanson, Jeff	70 Bret Harte Aquat-38	3:48.90
4	Small, Stephen	72 Marcia's Enthusi-38	4:01.14

**Men 70-74 50 LC Meter Butterfly**

<b>NATL: 29.84 N 7/6/2024 FREDERICK EHMKE</b>			
<b>WORLD: 29.98 W 10/10/2021 Lawrence DAY</b>			
<b>PAC: 31.20 P 8/9/2015 Richard Burns</b>			
1	Van Boer, Eric	70 Rolling Hills Mu-38	34.15
2	Kahn, Stuart	71 Davis Aquatic Ma-38	35.34
3	Bell, Gordon	72 Walnut Creek Mas-38	43.86
---	Au, Andre	71 Albany Armada Aq-38	DQ

**Men 70-74 100 LC Meter Butterfly Splits**

<b>NATL: 1:07.40 N 10/8/2021 LAWRENCE DAY</b>			
<b>WORLD: 1:07.40 W 10/8/2021 Lawrence DAY</b>			
<b>PAC: 1:12.43 P 8/6/2017 Andrew M McPherso</b>			
2	Small, Stephen	72 Marcia's Enthusi-38	3:57.24

**Men 70-74 200 LC Meter IM**

<b>NATL: 2:35.97 N 7/1/2023 RICK COLELLA</b>			
<b>WORLD: 2:35.97 W 7/1/2023 Rick COLELLA</b>			
<b>PAC: 2:54.29 P 5/22/2022 Craig M Ottersen</b>			
1	Ottersen, Craig	72 Park Terrace Mas-38	3:00.00
2	Johanson, Jeff	70 Bret Harte Aquat-38	3:31.37
3	Small, Stephen	72 Marcia's Enthusi-38	3:31.58

**Men 70-74 400 LC Meter IM**

<b>NATL: 5:55.97 N 6/6/2021 LAWRENCE DAY</b>			
<b>WORLD: 5:55.97 W 6/6/2021 Lawrence DAY</b>			
<b>PAC: 6:01.90 P 7/19/2019 Alek I Shestakov</b>			
1	Small, Stephen	72 Marcia's Enthusi-38	7:38.02

**Men 75-79 50 LC Meter Freestyle**

<b>NATL: 29.19 N 8/25/2019 DAVID QUIGGIN</b>			
<b>WORLD: 29.19 W 8/25/2019 David QUIGGIN</b>			
<b>PAC: 29.60 P 8/11/2019 Richard Burns</b>			
1	Bernard, Alan	75 Tamalpais Aquati-38	32.27
2	Ashford, Wes	76 Penguin Swim Clu-38	34.61
3	McPherson, Andrew	77 Davis Aquatic Ma-38	35.09
4	Firmin, Rob	76 Albany Armada Aq-38	38.23

## 2024 Pacific Masters Swimming LC Championship - 8/2/2024 to 8/4/2024

## Results

**(Men 75-79 50 LC Meter Freestyle)**

5	Fitschen, Gary	79	Manatee Aquatic-38	38.74
6	Wiscomb, Lance	79	University of Sa-38	51.30
7	Pierce, Donald	79	Rolling Hills Mu-38	54.30
8	Wingerath, Michael	79	Cala Maritime Aq-38	1:04.78

**Men 75-79 100 LC Meter Freestyle**

**NATL:** 1:06.55 N 8/9/2019 **RICHARD BURNS**  
**WORLD:** 1:06.40 W 3/3/2018 **Akira FUJIMAKI**  
**PAC:** 1:06.55 P 8/9/2019 **Richard Burns**

1	Bernard, Alan	75	Tamalpais Aquati-38	1:11.24
2	Ashford, Wes	76	Penguin Swim Clu-38	1:17.49
3	McPherson, Andrew	77	Davis Aquatic Ma-38	1:20.07
4	Wiscomb, Lance	79	University of Sa-38	1:52.21
5	Murray, Ed	75	University of Sa-38	2:15.34
6	Wingerath, Michael	79	Cala Maritime Aq-38	2:33.68

**Men 75-79 200 LC Meter Freestyle**

**NATL:** 2:25.66 N 6/6/2009 **DAVID RADCLIFF**  
**WORLD:** 2:25.66 W 6/6/2009 **David RADCLIFF**  
**PAC:** 2:36.24 P 7/23/2023 **Joel R Wilson**

1	Bernard, Alan	75	Tamalpais Aquati-38	2:40.51
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**Men 75-79 200 LC Meter Freestyle Splits**

**NATL:** 2:25.66 N 6/6/2009 **DAVID RADCLIFF**  
**WORLD:** 2:25.66 W 6/6/2009 **David RADCLIFF**  
**PAC:** 2:36.24 P 7/23/2023 **Joel R Wilson**

1	Benjamin, David	75	Marcia's Entthusi-38	3:44.90
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**Men 75-79 400 LC Meter Freestyle**

**NATL:** 5:17.77 N 3/7/2009 **DAVID RADCLIFF**  
**WORLD:** 5:17.77 W 3/7/2009 **David RADCLIFF**  
**PAC:** 5:19.10 P 7/23/2023 **Joel R Wilson**

1	Deacon, Ted	75	Davis Aquatic Ma-38	6:33.99
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**Men 75-79 800 LC Meter Freestyle**

**NATL:** 11:01.70 N 8/11/2023 **DAN KIRKLAND**  
**WORLD:** 11:01.70 W 8/11/2023 **Dan KIRKLAND**  
**PAC:** 12:58.14 P 12/31/1995 **Ray Taft**

1	Ashford, Wes	76	Penguin Swim Clu-38	13:10.87
2	Jochim, Christian	76	Quicksilver Mast-38	14:57.56

**Men 75-79 1500 LC Meter Freestyle**

**NATL:** 21:02.80 N 8/11/2023 **DAN KIRKLAND**  
**WORLD:** 21:02.80 W 8/11/2023 **Dan KIRKLAND**  
**PAC:** 24:53.76 P 12/31/1995 **Ray Taft**

1	Wilson, Joel	76	Santa Cruz Maste-38	21:33.55P
2	Jochim, Christian	76	Quicksilver Mast-38	28:46.68
3	Crockett, Robert	76	Menlo Masters-38	32:48.01

**Men 75-79 50 LC Meter Backstroke**

**NATL:** 34.45 N 8/2/2018 **RICHARD BURNS**  
**WORLD:** 34.45 W 8/2/2018 **Richard BURNS**  
**PAC:** 34.45 P 8/2/2018 **Richard Burns**

1	Rust, David	78	Santa Rosa Maste-38	59.73
2	Pierce, Donald	79	Rolling Hills Mu-38	59.94
3	Wiscomb, Lance	79	University of Sa-38	1:05.79

**Men 75-79 100 LC Meter Backstroke**

**NATL:** 1:17.17 N 7/31/2018 **RICHARD BURNS**  
**WORLD:** 1:17.17 W 7/31/2018 **Richard BURNS**  
**PAC:** 1:17.17 P 7/31/2018 **Richard Burns**

1	Rust, David	78	Santa Rosa Maste-38	2:15.24
---	Jochim, Christian	76	Quicksilver Mast-38	DQ

**Men 75-79 200 LC Meter Backstroke**

**NATL:** 2:50.25 N 7/30/2018 **RICHARD BURNS**  
**WORLD:** 2:50.25 W 7/30/2018 **Richard BURNS**  
**PAC:** 2:50.25 P 7/30/2018 **Richard Burns**

1	Rust, David	78	Santa Rosa Maste-38	4:50.43
2	Wiscomb, Lance	79	University of Sa-38	5:36.00

**Men 75-79 50 LC Meter Breaststroke**

**NATL:** 38.89 N 6/5/2016 **MIKE FRESHLEY**  
**WORLD:** 38.12 W 9/2/2022 **Roberto RUGGIERI**  
**PAC:** 41.60 P 7/31/2022 **Kenneth Frost**

1	Fitschen, Gary	79	Manatee Aquatic-38	44.11
2	Meyerhoff, Rick	77	Tamalpais Aquati-38	47.27
3	McPherson, Andrew	77	Davis Aquatic Ma-38	50.15
4	Jochim, Christian	76	Quicksilver Mast-38	54.25
5	Rust, David	78	Santa Rosa Maste-38	1:02.48
6	Wingerath, Michael	79	Cala Maritime Aq-38	1:31.31

**Men 75-79 100 LC Meter Breaststroke**

**NATL:** 1:27.74 N 8/18/2016 **MIKE FRESHLEY**  
**WORLD:** 1:27.74 W 8/18/2016 **Mike FRESHLEY**  
**PAC:** 1:32.61 P 7/30/2022 **Kenneth Frost**

1	Fitschen, Gary	79	Manatee Aquatic-38	1:35.78
2	Firmin, Rob	76	Albany Armada Aq-38	1:47.64
3	Meyerhoff, Rick	77	Tamalpais Aquati-38	1:51.69
4	Jochim, Christian	76	Quicksilver Mast-38	2:00.11
5	Rust, David	78	Santa Rosa Maste-38	2:22.92
6	Wiscomb, Lance	79	University of Sa-38	2:54.03
7	Murray, Ed	75	University of Sa-38	3:02.58
8	Wingerath, Michael	79	Cala Maritime Aq-38	3:32.38

**Men 75-79 200 LC Meter Breaststroke**

**NATL:** 3:13.93 N 8/21/2016 **MIKE FRESHLEY**  
**WORLD:** 3:13.93 W 8/21/2016 **Mike FRESHLEY**  
**PAC:** 3:21.31 P 7/23/2023 **Joel R Wilson**

1	Fitschen, Gary	79	Manatee Aquatic-38	3:33.87
2	Jochim, Christian	76	Quicksilver Mast-38	4:27.58

**Men 75-79 50 LC Meter Butterfly**

**NATL:** 31.75 N 8/21/2021 **JOEL BURNS**  
**WORLD:** 31.75 W 8/21/2021 **Joel BURNS**  
**PAC:** 32.17 P 7/31/2018 **Richard Burns**

1	Bernard, Alan	75	Tamalpais Aquati-38	35.38
2	McPherson, Andrew	77	Davis Aquatic Ma-38	40.06
3	Rust, David	78	Santa Rosa Maste-38	1:00.97
4	Murray, Ed	75	University of Sa-38	1:12.10

**Men 75-79 100 LC Meter Butterfly**

**NATL:** 1:16.87 N 7/23/2023 **FRED SCHLICHER**  
**WORLD:** 1:16.87 W 7/23/2023 **Fred SCHLICHER**  
**PAC:** 1:20.68 P 7/10/2018 **Richard Burns**

1	Bernard, Alan	75	Tamalpais Aquati-38	1:23.39
2	Meyerhoff, Rick	77	Tamalpais Aquati-38	2:04.27

## 2024 Pacific Masters Swimming LC Championship - 8/2/2024 to 8/4/2024

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**(Men 75-79 100 LC Meter Butterfly)**

3 Murray, Ed 75 University of Sa-38 2:44.20

**Men 75-79 200 LC Meter Butterfly**

NATL: 3:08.54 N 7/22/2023 FRED SCHLICHER

WORLD: 3:08.54 W 7/22/2023 Fred SCHLICHER

PAC: 4:04.42 P 7/21/2019 David R Gildea

1 Bernard, Alan 75 Tamalpais Aquati-38 3:22.87P

2 Meyerhoff, Rick 77 Tamalpais Aquati-38 4:46.50

**Men 75-79 200 LC Meter IM**

NATL: 2:53.12 N 7/23/2023 JOEL WILSON

WORLD: 2:53.12 W 7/23/2023 Joel WILSON

PAC: 2:53.12 P 7/23/2023 Joel R Wilson

1 Fitschen, Gary 79 Manatee Aquatic-38 3:37.37

2 Murray, Ed 75 University of Sa-38 5:52.20

**Men 75-79 400 LC Meter IM**

NATL: 6:34.91 N 8/5/2016 MIKE FRESHLEY

WORLD: 6:34.91 W 8/5/2016 Mike FRESHLEY

PAC: 7:21.75 P 12/31/1995 Ray Taft

1 Fitschen, Gary 79 Manatee Aquatic-38 7:38.94

2 Meyerhoff, Rick 77 Tamalpais Aquati-38 9:08.85

3 Murray, Ed 75 University of Sa-38 12:01.77

**Men 80-84 50 LC Meter Freestyle**

NATL: 31.86 N 8/5/2023 RICHARD BURNS

WORLD: 31.23 W 3/12/2023 Akira FUJIMAKI

PAC: 31.86 P 8/6/2023 Richard Burns

1 Burns, Richard 81 Tamalpais Aquati-38 34.18

2 Gildea, David 81 Menlo Masters-38 38.94

3 Stewart, Jim 83 Santa Rosa Maste-38 57.77

**Men 80-84 100 LC Meter Freestyle**

NATL: 1:11.82 N 8/23/2014 DAVID RADCLIFF

WORLD: 1:08.76 W 3/11/2023 Akira FUJIMAKI

PAC: 1:12.26 P 7/23/2023 Richard Burns

1 Gildea, David 81 Menlo Masters-38 1:31.37

2 Stewart, Jim 83 Santa Rosa Maste-38 2:12.27

**Men 80-84 400 LC Meter Freestyle**

NATL: 5:45.21 N 8/23/2015 DAVID RADCLIFF

WORLD: 5:45.21 W 8/23/2015 David RADCLIFF

PAC: 6:19.45 P 8/6/2023 Tony Ralphs

1 Burns, Richard 81 Tamalpais Aquati-38 6:16.09P

**Men 80-84 50 LC Meter Backstroke**

NATL: 36.83 N 8/4/2023 RICHARD BURNS

WORLD: 36.83 W 8/4/2023 Richard BURNS

PAC: 36.83 P 8/6/2023 Richard Burns

1 Burns, Richard 81 Tamalpais Aquati-38 38.06

2 Stewart, Jim 83 Santa Rosa Maste-38 1:16.88

**Men 80-84 100 LC Meter Backstroke**

NATL: 1:22.06 N 8/4/2023 RICHARD BURNS

WORLD: 1:22.06 W 8/4/2023 Richard BURNS

PAC: 1:22.06 P 8/4/2023 Richard Burns

1 Gildea, David 81 Menlo Masters-38 1:52.20

2 Stewart, Jim 83 Santa Rosa Maste-38 2:58.89

**Men 80-84 200 LC Meter Backstroke**

NATL: 3:04.59 N 8/6/2023 RICHARD BURNS

WORLD: 3:04.59 W 8/6/2023 Richard BURNS

PAC: 3:04.59 P 8/6/2023 Richard Burns

1 Burns, Richard 81 Tamalpais Aquati-38 3:07.27

2 Stewart, Jim 83 Santa Rosa Maste-38 6:49.54

**Men 80-84 50 LC Meter Breaststroke**

NATL: 42.84 N 6/6/2021 MIKE FRESHLEY

WORLD: 41.68 W 9/18/2006 Toshio TAJIMA

PAC: 43.24 P 8/12/2023 Peter Andersen

1 Gildea, David 81 Menlo Masters-38 45.50

**Men 80-84 100 LC Meter Breaststroke**

NATL: 1:38.19 N 8/21/2021 MIKE FRESHLEY

WORLD: 1:34.41 W 8/1/2021 Masaru SHINKAI

PAC: 1:40.72 P 8/12/2023 Peter Andersen

1 Gildea, David 81 Menlo Masters-38 1:45.55

**Men 80-84 50 LC Meter Butterfly**

NATL: 34.39 N 8/4/2023 RICHARD BURNS

WORLD: 34.39 W 8/4/2023 Richard BURNS

PAC: 34.39 P 8/4/2023 Richard Burns

1 Gildea, David 81 Menlo Masters-38 46.64

**Men 80-84 200 LC Meter IM**

NATL: 3:15.52 N 6/17/2023 RICHARD BURNS

WORLD: 3:15.52 W 6/17/2023 Richard BURNS

PAC: 3:15.52 P 6/17/2023 Richard Burns

1 Burns, Richard 81 Tamalpais Aquati-38 3:19.69

**Men 80-84 400 LC Meter IM**

NATL: 7:17.96 N 8/3/2017 DAVID COSTILL

WORLD: 7:12.03 W 10/24/2021 Masaru SHINKAI

PAC: 7:38.09 P 8/6/2023 Ed Reed

1 Burns, Richard 81 Tamalpais Aquati-38 7:22.88P

**Men 85-89 100 LC Meter Freestyle**

NATL: 1:23.25 N 6/6/2010 FRANK PIEMME

WORLD: 1:22.25 W 8/6/2023 Tohru FURUKAWA

PAC: 1:39.13 P 12/31/2003 William Johnston

1 Smethurst, Everett 89 Novaquatics Mast-33 2:08.56

**Men 85-89 800 LC Meter Freestyle**

NATL: 13:56.29 N 7/19/2019 DAVID RADCLIFF

WORLD: 13:56.29 W 7/19/2019 David RADCLIFF

PAC: 16:27.23 P 12/31/2002 Aldo da Rosa

1 Fleming, Jack 89 University of Sa-38 22:46.79

**Men 85-89 1500 LC Meter Freestyle**

NATL: 26:18.37 N 7/19/2019 DAVID RADCLIFF

WORLD: 26:18.37 W 7/19/2019 David RADCLIFF

PAC: 31:17.64 P 12/31/2002 Aldo da Rosa

1 Fleming, Jack 89 University of Sa-38 43:09.77

**Men 85-89 50 LC Meter Backstroke**

NATL: 40.50 N 8/2/2018 YOSHI OYAKAWA

WORLD: 39.89 W 7/18/2008 Keijiro NAKAMURA

PAC: 44.52 P 12/31/2006 Fred Van Dyke

1 Smethurst, Everett 89 Novaquatics Mast-33 58.32



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**Men 85-89 200 LC Meter Backstroke**

NATL: 3:51.72 N 7/1/2017 CLARKE MITCHELL  
 WORLD: 3:28.59 W 7/19/2008 Keijiro NAKAMURA  
 PAC: 4:07.72 P 12/31/2002 Aldo da Rosa

1 Fleming, Jack 89 University of Sa-38 5:44.36

**Men 85-89 100 LC Meter Butterfly**

NATL: 1:55.18 N 8/3/2010 THOMAS MAINE  
 WORLD: 1:50.27 W 4/11/2021 John COCKS  
 PAC: 2:20.76 P 12/31/2009 Frank R Grannis

1 Fleming, Jack 89 University of Sa-38 2:44.09

**Men 90-94 50 LC Meter Freestyle**

NATL: 39.19 N 6/23/2003 WOODY BOWERSOCK  
 WORLD: 38.64 W 6/24/2023 Reberto ALBERICHE  
 PAC: 50.24 P 8/9/2014 Frank R Grannis

1 Mayo, Robert W 91 Walnut Creek Mas-38 59.76

**Men 90-94 100 LC Meter Freestyle**

NATL: 1:41.87 N 5/31/2014 WILLARD LAMB  
 WORLD: 1:33.00 W 6/24/2023 Roberto ALBERICHE  
 PAC: 1:54.47 P 8/9/2014 Frank R Grannis

1 Mayo, Robert W 91 Walnut Creek Mas-38 2:21.94

**Men 90-94 200 LC Meter Freestyle**

NATL: 3:41.77 N 8/8/2013 WILLARD LAMB  
 WORLD: 3:33.64 W 12/12/2021 Katsura SUZUKI  
 PAC: 4:29.52 P 8/9/2014 Frank R Grannis

1 Mayo, Robert W 91 Walnut Creek Mas-38 5:11.49

**Men 90-94 100 LC Meter Backstroke**

NATL: 1:59.92 N 5/31/2014 WILLARD LAMB  
 WORLD: 1:45.46 W 8/9/2006 Goro KOBAYASHI  
 PAC: 2:20.34 P 7/16/2017 August Motmans

1 Mayo, Robert W 91 Walnut Creek Mas-38 2:23.55

**Men 90-94 200 LC Meter Backstroke**

NATL: 4:20.06 N 5/31/2014 WILLARD LAMB  
 WORLD: 4:05.77 W 7/16/2007 Goro KOBAYASHI  
 PAC: 5:08.35 P 6/29/2014 Frank R Grannis

1 Mayo, Robert W 91 Walnut Creek Mas-38 5:19.04

**Women 72-99 200 LC Meter Freestyle Relay**

NATL: 1:53.83 N 8/8/2009 FT LAUDERDALE AQUATICS  
 N PIKE, M BRESNAHAN, K ALYABYEVA, J MARTIN  
 PAC: 1:56.41 P 7/24/2016 SMM

A Chan, S Stretch, M Smith, M Waters

1 University of Sa-38 A 2:02.60  
 1) Karp, Juliana W21 2) Gill, Alexandra W24  
 3) Mi, Jessica W24 4) Greco, Sophia W25

**Women 100-119 400 LC Meter Freestyle Relay**

NATL: 4:19.02 N 7/19/2009 WOODLANDS MASTERS SWIM  
 L KOCH DAVIS, J KENLINE, A BERGFELD, R ARMSTRONG  
 WORLD: 4:00.96 W 12/11/2021 LINX RACING TEAM -JPN  
 R TANIGUCHI, M MATSUKAWA, K MORI, N HASEGAWA  
 PAC: 4:09.42 P 7/11/2010 TOC

F O'Donnell-McCar, C L Reilly, C Davidoff, M Gi

1 University of Sa-38 A 4:48.94  
 1) Wagner, Emma W25 2) Magno, Lauryn W24  
 3) Nguyen, Salena W26 4) Greco, Sophia W25

**Women 100-119 200 LC Meter Medley Relay**

NATL: 2:01.91 N 7/31/2011 ARIZONA MASTERS  
 K HARRIGAN, B LARSON, L URBATCHKA, H CALDAS  
 WORLD: 2:00.05 W 8/14/2015 NEVA STARS -RUS  
 E KARETINA, A KUZMICHEVA, A POLIAKOVA, E SHERSHEN  
 PAC: 2:05.68 P 12/31/2006 TOC

Diamond, von Hartitzsch, McCall Dorr, Katie Lyons

1 University of Sa-38 A 2:27.32  
 1) Wagner, Emma W25 2) Magno, Lauryn W24  
 3) Nguyen, Salena W26 4) Greco, Sophia W25

**Women 100-119 400 LC Meter Medley Relay**

NATL: 4:49.16 N 8/8/2009 YMCA INDY SWIMFIT  
 B TAFLINGER, C HINE, J WEAVER, M SOBECKI  
 WORLD: 4:30.81 W 12/11/2021 LINX RACING TEAM -JPN  
 K MORI, M MATSUKAWA, R TANIGUCHI, N HASEGAWA  
 PAC: 4:55.59 P 12/31/1992 WCM

Boscovich, Tallman, Debbie Flansburg, Ingraham

1 University of Sa-38 A 5:34.12  
 1) Wagner, Emma W25 2) Greco, Sophia W25  
 3) Walecka, Sallie W31 4) McCarthy, Alexandra W32

**Women 120-159 200 LC Meter Freestyle Relay**

NATL: 1:50.53 N 6/9/2013 N CAROLINA MASTERS SWIMMI  
 RUTH JONES, CELIA WOLFF, ALICIA UHL, ERIKA BRAUN  
 WORLD: 1:49.03 W 8/14/2015 TSUNAMI -RUS  
 S KNYAGININA, A FEOKTISTOVA, L YUDINA, I SHLEMOVA  
 PAC: 1:55.13 P 12/31/2012 TOC

N Watanabe, L Welting, K Houston, M Gill

1 Manatee Aquatic-38 A 2:03.99  
 1) Au Brinkmeyer, Lauren W40 2) Knell, Lissi W30  
 3) Arnold, Megan W34 4) Akimoto, Reiko W32  
 2 Rolling Hills Mu-38 A 2:09.30  
 1) Kroetz, Brigitte W29 2) O'Brien, Maeve W20  
 3) Murray, Tori W42 4) O'Hanlon, Christine W54  
 3 University of Sa-38 A 2:30.28  
 1) Greenberg, Nicole W25 2) Holmgren, Rachele W30  
 3) Fukushi, Yoriko W55 4) Rodriguez, Julianne W36  
 4 Marcia's Enthusi-38 A 2:32.95  
 1) Wilson, Kristin W32 2) Leung, Michele W31  
 3) Valencia, Juliana W26 4) Voight, Tina W55

**Women 120-159 400 LC Meter Freestyle Relay**

NATL: 4:17.94 N 7/31/1994 STANFORD MASTERS SWIMMIN  
 M MC KINNEY, C CHICHESTER, D OGIER, K SHIBUYA  
 WORLD: 4:04.10 W 6/15/2019 BIRMINGHAM MASTERS -GB  
 K WALKER-STABELER, A LANE, A MCCALL, J CLARK  
 PAC: 4:17.94 P 12/31/1994 STAN

McKinney, Chichester, Danielle Ogier, Shibuya

1 University of Sa-38 A 4:39.06  
 1) Alter, Anne W33 2) Petrakis, Danae W32  
 3) Krovetz, Hannah W30 4) Petrakis, Kristina W35  
 2 Walnut Creek Mas-38 A 5:12.79  
 1) Larsen, Amy W25 2) Darling, Colleen W50  
 3) Ongerth, Ann Michelle W50 4) Hwang, Jenn W32

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**Women 120-159 400 LC Meter Medley Relay**

NATL: 4:38.85 N 8/8/2009 ILLINOIS MASTERS

J RIDGE, N DAY, J IVARSON, K STEVENS

WORLD: 4:35.76 W 6/17/2017 BERLINER TSC -GER

A KUTZ, S KUTZ, N STRESING, J DUNGER

PAC: 4:58.90 P 12/31/1997 WCM

Lisa Ward, Osborn, Debbie Flansburg, Ghiggeri

1	Manatee Aquatic-38	A	5:23.09
	1) Akimoto, Reiko W32	2) Au Brinkmeyer, Lauren W40	
	3) Knell, Lissi W30	4) Arnold, Megan W34	
2	University of Sa-38	A	6:30.46
	1) Prichard, Amie W44	2) Davis, Taylor W48	
	3) Gill, Alexandra W24	4) Rodriguez, Julianne W36	
3	Marcia's Enthusi-38	A	7:02.50
	1) Wilson, Kristin W32	2) Valencia, Juliana W26	
	3) Voight, Tina W55	4) Leung, Michele W31	

**Women 160-199 200 LC Meter Freestyle Relay**

NATL: 1:48.44 N 8/8/2006 TEAM TYR

C HART, C SAPPEY, A PETTIS-SCOTT, S VON DER LIPPE

WORLD: 1:48.44 W 8/8/2006 TEAM TYR -USA

S HART, C SAPPEY, A PETTIS-SCOTT, S VON DER LIPPE

PAC: 1:55.89 P 12/31/2006 WCM

Hanley, Paula Roemer, McNamara, Alison Zamanian

1	Davis Aquatic Ma-38	A	2:15.02
	1) Goldberg, Michelle W56	2) Garforth, Emma W56	
	3) Belluomini, Melanie W47	4) Crow, Vivian W27	
2	Marin Aquatic Ma-38	A	2:16.56
	1) Rempe, Rachel W41	2) Silva, Rayle W28	
	3) De Somma, Margaret W56	4) Louderback, Kelsey W41	
3	Marin Aquatic Ma-38	B	2:48.50
	1) Aguilera, Catherine W25	2) Sampiere-Prochnow, Susie W61	
	3) Pinkston, Crystal W39	4) Alfieri, Susan W47	

**Women 160-199 400 LC Meter Freestyle Relay**

NATL: 4:06.90 N 6/14/2015 NORTH CAROLINA MASTERS

E BRAUN, J STRINGER, A UHL, K LINDAUER

WORLD: 4:06.90 W 6/14/2015 NORTH CAROLINA MASTERS -I

E BRAUN, J STRINGER, A UHL, K LINDAUER

PAC: 4:33.74 P 12/31/2006 WCM

D Santos, M Curran, C McNamara, P Roemer

1	Marin Aquatic Ma-38	A	5:32.80
	1) Rempe, Rachel W41	2) Silva, Rayle W28	
	3) Pinkston, Crystal W39	4) Lepinski, Cokie W65	
2	University of Sa-38	A	6:00.39
	1) Kallenberger, Marisa W30	2) Devine, Nora W42	
	3) Pyatt, Suzanne W49	4) Avar, Traci W45	

**Women 160-199 200 LC Meter Medley Relay**

NATL: 2:02.92 N 8/4/2023 NORTH CAROLINA MASTERS

A FLANAGAN, E BRAUN, K STUMP, J MIHALIK

WORLD: 2:02.92 W 8/4/2023 NORTH CAROLINA MASTERS -I

A FLANAGAN, E BRAUN, K STUMP, J MIHALIK

PAC: 2:09.95 P 12/31/2006 STAN

Jody Smith, Gelman, Jane Worden, Still

1	Davis Aquatic Ma-38	A	2:27.49
	1) Crow, Vivian W27	2) Garforth, Emma W56	
	3) Nehrebecki, Helene W44	4) Goldberg, Michelle W56	

2	Marin Aquatic Ma-38	A	2:28.87
	1) Louderback, Kelsey W41	2) Cairns, Christina W46	
	3) Rempe, Rachel W41	4) De Somma, Margaret W56	
3	Rolling Hills Mu-38	A	2:39.18
	1) O'Hanlon, Christine W54	2) Kroetz, Brigitte W29	
	3) O'Brien, Maeve W20	4) Viscardi, Josie W60	
4	University of Sa-38	A	3:16.86
	1) Macleod, Pascale W60	2) Devine, Nora W42	
	3) Pyatt, Suzanne W49	4) Avar, Traci W45	

**Women 160-199 400 LC Meter Medley Relay**

NATL: 4:40.42 N 8/20/2022 NORTH CAROLINA MASTERS

K MAYBANK, S TAYLOR, I HOLLAND, E BRAUN

WORLD: 4:36.25 W 4/19/2024 BASINGSTOKE -GBR

E GODFREY, E ROBERTSON, F TURNER, S HUNT

PAC: 4:56.95 P 12/31/2009 WCM

Lisa Ward, Debbie Santos, Sandi Easton, BJ Henry

1	University of Sa-38	A	5:50.24
	1) Mi, Jessica W24	2) Doi, Stephanie W30	
	3) Ogilvie, Carol W69	4) Eng, Sherri W55	

**Women 200-239 200 LC Meter Freestyle Relay**

NATL: 1:54.10 N 8/5/2023 NORTH CAROLINA MASTERS

E BRAUN, K LINDAUER, C WOLFF, K STUMP

WORLD: 1:54.10 W 8/5/2023 NORTH CAROLINA MASTERS -I

E BRAUN, K LINDAUER, C WOLFF, K STUMP

PAC: 2:00.50 P 12/31/2006 WCM

L Crittendem, R Brittingeham, C O'Brien, S Heim-Bo

1	Walnut Creek Mas-38	A	2:54.53
	1) Darling, Colleen W50	2) Asta, Lisa W59	
	3) Ongerth, Ann Michelle W50	4) Taylor, Catherine W61	

**Women 200-239 400 LC Meter Freestyle Relay**

NATL: 4:26.53 N 7/6/2014 UCLA BRUIN MASTERS

E STEBBINS, C CIRAULO, V HIBBEN, L DODD

WORLD: 4:20.68 W 3/14/2013 CAPE TOWN -RSA

S KRUGER, C STANFORD, E OTTERMANN, P CADIZ

PAC: 4:46.55 P 8/6/2016 DAM

A Rieger, K Halsted, W Pratt, A Bell

1	Davis Aquatic Ma-38	A	5:16.04
	1) Goldberg, Michelle W56	2) Belluomini, Melanie W47	
	3) Russell, Jane W61	4) Garforth, Emma W56	

**Women 200-239 800 LC Meter Freestyle Relay**

NATL: 9:34.53 N 7/7/2019 CONEJO VALLEY MASTERS

J GELLATLY, B CLEAVENGER, E MAIDENBERG, L DALAND-J

WORLD: 9:34.53 W 7/7/2019 CONEJO VALLEY MASTERS -US

J GELLATLY, B CLEAVENGER, E MAIDENBERG, L DALAND-J

PAC: 10:44.68 P 12/31/2009 TOC

M Meyer, A Felton, P Quinn, L Welting

1	Davis Aquatic Ma-38	A	11:50.84
	1) Goldberg, Michelle W56	2) Belluomini, Melanie W47	
	3) Phalen, Jennifer W60	4) Garforth, Emma W56	

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## Results

**Women 200-239 400 LC Meter Medley Relay**

NATL: 4:58.86 N 7/30/2016 NORTH TEXAS LONESTARS

S STONE, K MACCURDY, M REA, K HENDERSON

WORLD: 4:54.41 W 1/25/2020 MASTERS SORLANDET -NOI

L LOTHE, A SORENSEN, J THORSTENSEN, M FUGLESTVEIT

PAC: 5:33.16 P 8/6/2016 DAM

A Rieger, A Bell, W Pratt, K Halsted

1	Davis Aquatic Ma-38	A	6:17.98
	1) Garforth, Emma W56	2) Phalen, Jennifer W60	
	3) Russell, Jane W61	4) Crow, Joan W60	
2	University of Sa-38	A	8:48.99
	1) Pashelinsky, Erin W77	2) Cohn, Darcy W73	
	3) Karp, Juliana W21	4) Blatt, Lisa W62	

**Women 240-279 200 LC Meter Freestyle Relay**

NATL: 2:01.52 N 7/20/2019 NORTH TEXAS LONESTARS

K HENDERSON, L MORRISON, C MCKELVEY, S STONE

WORLD: 2:00.75 W 3/17/2018 CAPE TOWN MASTERS -RSA

E OTTERMANN, S KRUGER, D COETZEE, C STANFORD

PAC: 2:21.79 P 8/9/2014 TAM

L Val, L Shoenberger, N Ridout, B Wheeler

1	University of Sa-38	A	3:13.13
	1) Wistrom, Elizabeth W47	2) Ogilvie, Carol W69	
	3) Cohn, Darcy W73	4) Blatt, Lisa W62	

**Women 240-279 400 LC Meter Freestyle Relay**

NATL: 4:36.74 N 7/21/2019 NORTH TEXAS LONESTARS

S STONE, K HENDERSON, L MORRISON, J WOOLSLAYER

WORLD: 4:36.74 W 7/21/2019 NORTH TEXAS LONESTAR -US

S STONE, K HENDERSON, L MORRISON, J WOOLSLAYER

PAC: 5:14.66 P 7/22/2023 MELO

T Capen, S Couch, L Feeley, J Matena

1	Santa Rosa Maste-38	A	5:20.26
	1) Nowack, Susan W64	2) Walts, Merrie W64	
	3) Jones, Sara W56	4) Jones, Tracey W56	
2	University of Sa-38	A	7:48.07
	1) Valderrama, Deborah W61	2) Blatt, Lisa W62	
	3) Cobble, Michele W62	4) Eng, Sherri W55	

**Women 240-279 800 LC Meter Freestyle Relay**

NATL: 10:22.07 N 7/19/2019 NORTH TEXAS LONESTARS

L MORRISON, M BAILEY, J WOOLSLAYER, S STONE

WORLD: 10:10.40 W 3/9/2024 HARROGATE -GBR

J HOYLE, J BEARDSWORTH, N MUIR-COCHRANE, K Elizabe

PAC: 13:22.27 P 7/29/2022 WCM

A Dibley, S Scott, C Taylor, A Zamanian

1	Walnut Creek Mas-38	A	10:36.84P
	1) Heim-Bowen, Suzanne W66	2) Nichelman, Sherri W64	
	3) Ward, Lisa W60	4) Zamanian, Alison W54	

**Women 240-279 200 LC Meter Medley Relay**

NATL: 2:22.45 N 8/9/2019 OREGON MASTERS

V JENKINS, C CRABBE, A DELMAGE, J GETTLING

WORLD: 2:19.90 W 3/16/2018 CAPE TOWN MASTERS -RSA

D COETZEE, C STANFORD, E OTTERMANN, S KRUGER

PAC: 2:42.85 P 7/14/2018 WCM

P K Newacheck, K Fox-Yoder, C O'Brien, C W Taylor

1	Santa Rosa Maste-38	A	2:45.02
	1) Jones, Sara W56	2) Nowack, Susan W64	
	3) Jones, Tracey W56	4) Walts, Merrie W64	

2 Davis Aquatic Ma-38 A 2:56.45

1) Russell, Jane W61 2) Phalen, Jennifer W60

3) Belluomini, Melanie W47 4) Reedy, Peggy W78

--- University of Sa-38 A DQ

1) Valderrama, Deborah W61 2) Blatt, Lisa W62

3) Cobble, Michele W62 4) Eng, Sherri W55

**Women 280-319 200 LC Meter Freestyle Relay**

NATL: 2:14.99 N 1/20/2023 LONE STAR MASTERS

L MORRISON, J COLE, K MACCURDY, J WOOLSLAYER

WORLD: 2:14.99 W 1/20/2023 LONE STAR MASTERS -USA

L MORRISON, J COLE, K MACCURDY, J WOOLSLAYER

PAC: 2:24.42 P 8/1/2018 TAM

L B Val, S Archer, N J Ridout, B C Wheeler

1 University of Sa-38 A 4:06.67

1) Eng, Sherri W55 2) Pashelinsky, Erin W77

3) Chaitkin, Lauren W80 4) Hagiwara, Tanako W86

**Women 280-319 400 LC Meter Freestyle Relay**

NATL: 5:26.29 N 6/12/2022 SARASOTA SHARKS

DIANN UUSTAL, SUE WATTS, JUNE CARSON, NANCY KRYKA

WORLD: 5:26.29 W 6/12/2022 SARASOTA SHARKS MASTERS -

Diann UUSTAL, Sue WATTS, June CARSON, Nancy KRYKA

PAC: 6:35.43 P 7/22/2023 MELO

C Dutro, J Strauss, R Pinto, J Schwartz

1 University of Sa-38 A 7:44.53

1) Buzolich, Marilyn W69 2) Marrocco, Judy W69

3) Pashelinsky, Erin W77 4) Stringer, Nanette W72

**Women 280-319 200 LC Meter Medley Relay**

NATL: 2:34.78 N 1/20/2023 LONE STAR MASTERS

J WOOLSLAYER, K MACCURDY, J COLE, L MORRISON

WORLD: 2:34.78 W 1/20/2023 LONE STAR MASTERS -USA

J WOOLSLAYER, K MACCURDY, J COLE, L MORRISON

PAC: 2:48.41 P 8/1/2018 TAM

L B Val, S Archer, B C Wheeler, N J Ridout

1 University of Sa-38 A 4:20.43

1) Pashelinsky, Erin W77 2) Marrocco, Judy W69

3) Buzolich, Marilyn W69 4) Stringer, Nanette W72

**Men 72-99 200 LC Meter Freestyle Relay**

NATL: 1:35.48 N 8/11/2019 ROSE BOWL MASTERS

W UBELLACKER, S UBELLACKER, R PORRAZZO, D JIMENEZ

PAC: 1:41.14 P 12/31/1993 TOC

Antonick, Tarbell, Goth, Murray

1 Tri Valley Aquat-38 A 1:37.35P

1) Reznick, Cole M24 2) Ridosko, Nathanael M19

3) Fischer, Brandon M35 4) Ridosko, Ryan M21

**Men 72-99 400 LC Meter Freestyle Relay**

NATL: 3:41.87 N 6/28/2014 SAN MATEO MASTER MARLINS

E RENNSPIESS, A NAVARRO, C SANCHEZ, K TAN

PAC: 3:41.87 P 6/28/2014 SMM

E Rennspiess, A Navarro, C Sanchez, K Tan

1 Tri Valley Aquat-38 A 3:36.86N

1) Ridosko, Nathanael M19 2) Fischer, Brandon M35

3) Scanlon, Luke M21 4) Ridosko, Ryan M21

## 2024 Pacific Masters Swimming LC Championship - 8/2/2024 to 8/4/2024

## Results

**Men 72-99 800 LC Meter Freestyle Relay**

NATL: 8:12.62 N 8/6/2016 GOLDEN ROAD AQUATICS

A ACEINO, N KORTH, N POPOV, F WENDEL

PAC: 8:38.99 P 12/31/2003 WCM

Brown, Russell Mikuni, Aaron Mikuni, Andy Nonaka

- |    |                     |    |                        |
|----|---------------------|----|------------------------|
| 1  | Tri Valley Aquat-38 | A  | 7:58.09N               |
| 1) | Ridosko, Ryan M21   | 2) | Fischer, Brandon M35   |
| 3) | Scanlon, Luke M21   | 4) | Ridosko, Nathanael M19 |

**Men 72-99 200 LC Meter Medley Relay**

NATL: 1:49.35 N 8/27/1995 THE OLYMPIC CLUB

M COLLEY, J PATRICK, B BUDNEY, G LARSON

PAC: 1:49.35 P 12/31/1996 TOC

Colley, Patrick, Budney, Gary Larson

- |    |                     |    |                        |
|----|---------------------|----|------------------------|
| 1  | Tri Valley Aquat-38 | A  | 1:49.60                |
| 1) | Ridosko, Ryan M21   | 2) | Fischer, Brandon M35   |
| 3) | Scanlon, Luke M21   | 4) | Ridosko, Nathanael M19 |

**Men 72-99 400 LC Meter Medley Relay**

NATL: 4:11.46 N 7/18/1999 GREATER INDIANA

D PETTE, B CHRISTOFFEL, G COMER, A DAWKINS

PAC: 4:14.28 P 7/12/2013 SMM

Alex Navarro, Al Andaluz, Masa Oto, Evan Navarro

- |    |                     |    |                        |
|----|---------------------|----|------------------------|
| 1  | Tri Valley Aquat-38 | A  | 3:57.67N               |
| 1) | Ridosko, Ryan M21   | 2) | Fischer, Brandon M35   |
| 3) | Scanlon, Luke M21   | 4) | Ridosko, Nathanael M19 |

**Men 100-119 200 LC Meter Freestyle Relay**

NATL: 1:34.09 N 8/5/2023 CLUB TRIBE

P BRUKX, S KETTLEWELL-SITES, M HEALEY, L BUREAU

WORLD: 1:31.95 W 11/29/2009 MAC-MINA -BRA

R LEITE, R TRIVINO, D BELINI, P RODIGHERI

PAC: 1:34.24 P 8/7/2013 TOC

K Ferguson, T Holsman, S Greenwood, C Talbott

- |    |                        |    |                      |
|----|------------------------|----|----------------------|
| 1  | Swim Fremont Gle-38    | A  | 1:44.12              |
| 1) | LaFontaine, Joseph M21 | 2) | Grinich, Stephen M30 |
| 3) | Cho, Andrew M26        | 4) | Brodie, Jonathan M30 |

**Men 100-119 400 LC Meter Medley Relay**

NATL: 4:06.58 N 8/8/2009 YMCA INDY SWIMFIT

G WIECZOREK, B CHRISTOFFEL, D MICHAEL, W MERKLE

WORLD: 3:46.80 W 9/19/2022 MITSUUROKO -JPN

H MATSUBARA, K KOHINATA, K FUKAZAWA, G OGINO

PAC: 4:11.09 P 7/12/2013 USF

D Rothberg, I Litvak, J Wang, N Vizcarra

- |    |                        |    |                        |
|----|------------------------|----|------------------------|
| 1  | SF Tsunami Maste-38    | A  | 5:12.58                |
| 1) | Hernandez, Clapton M22 | 2) | Dwarakanath, Surya M27 |
| 3) | Paz, Rodrigo M33       | 4) | Burlet, Edouard M31    |

**Men 120-159 200 LC Meter Freestyle Relay**

NATL: 1:34.82 N 7/26/2009 SOUTHERN CAL AQUATIC MAST

M CORNUE, E HOCHSTEIN, E TOLMACHOFF, C BEACH

WORLD: 1:32.84 W 7/8/2018 GETXO -ESP

M BILDOSOLA, I BILDOSOLA, G ZUBIAUR, M DEBA

PAC: 1:37.49 P 12/31/1986 TOC

F Hubbell, B Barthold, B Placak, J Griffith

- |    |                         |    |                   |
|----|-------------------------|----|-------------------|
| 1  | Davis Aquatic Ma-38     | A  | 1:51.50           |
| 1) | Zachan, Matthew M38     | 2) | Winsor, Brad M53  |
| 3) | Waterson, Alexander M19 | 4) | Shaffer, Luke M30 |

**Men 120-159 400 LC Meter Freestyle Relay**

NATL: 3:34.83 N 8/8/2009 MICHIGAN MASTERS

K DOAK, A MULL, C MULL, P SAUCEDO

WORLD: 3:28.93 W 7/7/2018 GETXO -ESP

M BILDOSOLA, I BILDOSOLA, G ZUBIAUR, M DEBA

PAC: 3:44.37 P 12/31/2006 TOC

Lee Wanie, Davie, Gaggero, Gary Larson

- |    |                      |    |                    |
|----|----------------------|----|--------------------|
| 1  | University of Sa-38  | A  | 4:00.88            |
| 1) | Kubick, Dylan M29    | 2) | Barton, Andrew M31 |
| 3) | Christensen, Jon M34 | 4) | Tam, Billy M38     |

**Men 120-159 800 LC Meter Freestyle Relay**

NATL: 8:03.21 N 7/25/2009 SOUTHERN CAL AQUATIC MAST

D SCHLESINGER, D WEGNER, M HARRIGAN, E HOCHSTEIN

WORLD: 7:50.34 W 8/19/2017 JFE -JPN

R TAGUCHI, T TAKEMOTO, S UCHIYAMA, T UEKI

PAC: 8:13.69 P 12/31/2003 TSUN

Terry Carlisle, Geoff Glaser, Robinson, Dan Veatch

- |    |                     |    |                     |
|----|---------------------|----|---------------------|
| 1  | University of Sa-38 | A  | 10:03.38            |
| 1) | Leber, Nathan M32   | 2) | Farley, Patrick M33 |
| 3) | Goard, Andrew M29   | 4) | Kos, Ian M30        |

**Men 120-159 200 LC Meter Medley Relay**

NATL: 1:44.88 N 8/1/2018 PHOENIX SWIM CLUB MASTERS

R FERREIRA, F DOS SANTOS, B DE PAULA, R FERREIRA

WORLD: 1:42.06 W 5/27/2023 CSKA -RUS

D PAKHOMOV, A CHUPKOV, O KOSTIN, E LAGUNOV

PAC: 1:49.98 P 12/31/2006 WCM

Jones, Roque Santos, Rendick, Brown

- |    |                     |    |                         |
|----|---------------------|----|-------------------------|
| 1  | SF Tsunami Maste-38 | A  | 2:04.72                 |
| 1) | Chow, Jonathan M29  | 2) | Paz, Rodrigo M33        |
| 3) | Hayes, Andrew M29   | 4) | Jones, Austin M33       |
| 2  | Davis Aquatic Ma-38 | A  | 2:09.82                 |
| 1) | Waterson, Kevin M45 | 2) | Waterson, Alexander M19 |
| 3) | Zachan, Matthew M38 | 4) | Shaffer, Luke M30       |
| 3  | Walnut Creek Mas-38 | A  | 2:23.33                 |
| 1) | Rogers, Louis M35   | 2) | Lipina, Alexander M23   |
| 3) | Gu, Yue Shen M31    | 4) | Wada, Ellison M45       |

**Men 160-199 200 LC Meter Freestyle Relay**

NATL: 1:36.28 N 8/8/2006 TEAM TYR

M EISENHUTH, J SMITH, R SAEGER, P SMITH

WORLD: 1:34.92 W 8/18/2017 NEVA STARS -RUS

A SHILIN, S MEDVEDEV, A MANZHULA, V PREDKIN

PAC: 1:40.32 P 12/31/1994 TOC

B Placak, B Barthold, J Griffith, K Vander Bogart

- |    |                      |    |                             |
|----|----------------------|----|-----------------------------|
| 1  | Menlo Masters-38     | A  | 1:59.96                     |
| 1) | Leimkuhler, Kyle M37 | 2) | Rosales-Delmoral, Romer M51 |
| 3) | Kinney, Eric M55     | 4) | Pyle, Mike M49              |

**Men 160-199 400 LC Meter Freestyle Relay**

NATL: 3:38.60 N 7/3/2011 LONGHORN AQUATICS

T BLESSING, M VAROZZA, A RASMUSSEN, C ECKERMAN

WORLD: 3:38.60 W 7/3/2011 LONGHORN AQUATICS -USA

T BLESSING, M VAROZZA, A RASMUSSEN, C ECKERMAN

PAC: 3:52.36 P 12/31/2002 TSUN

Geoff Glaser, Fitzgibbons, McDermott, Oaks

- |    |                         |    |                   |
|----|-------------------------|----|-------------------|
| 1  | University of Sa-38     | A  | 4:17.18           |
| 1) | Neuwirth, Benjamin M41  | 2) | Samotyj, John M43 |
| 3) | Fuzellier, Matthieu M44 | 4) | Leber, Nathan M32 |

## 2024 Pacific Masters Swimming LC Championship - 8/2/2024 to 8/4/2024

## Results

**(Men 160-199 400 LC Meter Freestyle Relay)**

2 Walnut Creek Mas-38 A 4:42.85  
 1) Gu, Yue Shen M31 2) Mc Donough, Patrick M51  
 3) Chao, Hector M60 4) Wada, Ellison M45

**Men 160-199 200 LC Meter Medley Relay**

NATL: 1:47.72 N 8/8/2006 TEAM TYR

R SAEGER, G RHODENBAUGH, P SMITH, J SMITH

WORLD: 1:45.47 W 8/18/2017 NEVA STARS -RUS

A SHILIN, G GOGOL, A MANZHULA, V PREDKIN

PAC: 1:52.30 P 12/31/2006 STAN

Rick Gould, Scottoline, Phelan, Lundberg

1 University of Sa-38 A 2:10.15  
 1) Neuwirth, Benjamin M41 2) Samotyj, John M43  
 3) Fuzellier, Matthieu M44 4) Leber, Nathan M32  
 2 SF Tsunami Maste-38 A 2:35.81  
 1) Taniguchi, Marc M28 2) Burlet, Edouard M31  
 3) Yue, Justin M27 4) Dwarakanath, Surya M27

**Men 200-239 200 LC Meter Freestyle Relay**

NATL: 1:38.24 N 8/8/2006 COLORADO MASTERS

J GROSELLE, T HEDRICK, S WOOD, R ABRAHAMS

WORLD: 1:38.24 W 8/8/2006 COLORADO -USA

J GROSELLE, T HEDRICK, S WOOD, R ABRAHAMS

PAC: 1:44.06 P 12/31/2006 BAC

Whatley, McAweeney, Finch, Butler

1 Marcia's Enthusi-38 A 2:04.13  
 1) Rogers, Matt M54 2) Lehnert, Ahren M51  
 3) Hertzner, Keith M51 4) Wehmann, Todd M52  
 2 University of Sa-38 A 2:09.93  
 1) Rankin, Shane M50 2) Mc Bride, Patrick M55  
 3) Virtue, Paul M73 4) Langner, Mikael M56  
 3 Marin Aquatic Ma-38 A 2:22.14  
 1) Wu, Philip M41 2) Todd, Mitchell M57  
 3) Serchia, Andrew M53 4) Prochnow, Kevin M62

**Men 200-239 400 LC Meter Freestyle Relay**

NATL: 3:52.34 N 8/12/2012 LONGHORN AQUATICS

M VAROZZA, J SAUER, D GUTHRIE, A RASMUSSEN

WORLD: 3:46.05 W 5/14/2017 BRESCIA ACQUARE MAFECO -I

M GIALDI, M TERSAR, R BRUNORI, M COLOMBO

PAC: 4:05.19 P 6/28/2014 SMM

M Coquillard, T Reudy, J Baker, M Kiedel

1 Marcia's Enthusi-38 A 4:38.48  
 1) Wehmann, Todd M52 2) Hertzner, Keith M51  
 3) Lehnert, Ahren M51 4) Rogers, Matt M54  
 2 University of Sa-38 A 5:04.54  
 1) Arias, Bernard M55 2) Glasnapp, James M57  
 3) Harrington, Matt M53 4) Rankin, Shane M50

**Men 200-239 800 LC Meter Freestyle Relay**

NATL: 8:38.51 N 5/31/2019 ARIZONA MASTERS

T DEBIASE, E KRATZ, K DICKSON, J UTSCHE

WORLD: 8:38.24 W 7/6/2013 BRASIL MASTERS -BRA

H CELIDONIO, D Garrido MADRUGA, R Carlos CARVALHO,

PAC: 9:22.12 P 12/31/2007 WCM

R Santos, P Guadagni, D Galine, K O'Brien

1 Walnut Creek Mas-38 A 10:03.93  
 1) Grant, Andy M39 2) Stahl, Stephen M59  
 3) Kenler, David M66 4) Bell, Gordon M72  
 2 University of Sa-38 A 10:19.47  
 1) Tam, Billy M38 2) Dyer, Dean M56  
 3) Harrington, Matt M53 4) Langner, Mikael M56

**Men 200-239 200 LC Meter Medley Relay**

NATL: 1:50.83 N 8/8/2006 COLORADO MASTERS

S WOOD, J GROSELLE, T HEDRICK, R ABRAHAMS

WORLD: 1:50.83 W 8/8/2006 COLORADO -USA

S WOOD, J GROSELLE, T HEDRICK, R ABRAHAMS

PAC: 1:57.72 P 12/31/2005 RHMS

P Djang, L Rider, B Adkison, E van Boer

1 Marcia's Enthusi-38 A 2:25.35  
 1) Wehmann, Todd M52 2) Hertzner, Keith M51  
 3) Lehnert, Ahren M51 4) Rogers, Matt M54  
 2 University of Sa-38 A 2:39.22  
 1) Arias, Bernard M55 2) Glasnapp, James M57  
 3) Rankin, Shane M50 4) Harrington, Matt M53

**Men 200-239 400 LC Meter Medley Relay**

NATL: 4:13.76 N 8/11/2012 LONGHORN AQUATICS

A RASMUSSEN, D GUTHRIE, J SAUER, M VAROZZA

WORLD: 4:13.76 W 8/11/2012 LONGHORN AQUATICS -USA

A RASMUSSEN, D GUTHRIE, J SAUER, M VAROZZA

PAC: 4:38.46 P 12/31/1994 TOC

Tim Birnie, Bob Strand, Rich Bassi, Jim Elder

1 University of Sa-38 A 5:08.46  
 1) Rankin, Shane M50 2) Mc Bride, Patrick M55  
 3) Christensen, Jon M34 4) Langner, Mikael M56  
 2 Marcia's Enthusi-38 A 5:31.12  
 1) Wehmann, Todd M52 2) Hertzner, Keith M51  
 3) Bentley, Orin M47 4) Lehnert, Ahren M51  
 3 Davis Aquatic Ma-38 A 5:47.88  
 1) Waterson, Kevin M45 2) Woodruff, David M68  
 3) Krovetz, Ted M58 4) Schwartz, Mark M66  
 --- Menlo Masters-38 A DQ  
 1) Rosales-Delmoral, Romer M51 2) Anderson, Bob M69  
 3) Leimkuhler, Kyle M37 4) Pyle, Mike M49

**Men 240-279 200 LC Meter Freestyle Relay**

NATL: 1:42.40 N 8/19/2016 SARASOTA Y SHARKS

S WOOD, D MARTIN, T HEDRICK, J GROSELLE

WORLD: 1:42.40 W 8/19/2016 SARASOTA Y SHARKS -USA

S WOOD, D MARTIN, T HEDRICK, J GROSELLE

PAC: 1:48.79 P 8/7/2013 TAM

Richard Burns, Alan Bernard, Tate Holt, Greg Tull

1 Rolling Hills Mu-38 A 2:04.81  
 1) Van Boer, Eric M70 2) Erickson, Douglas M52  
 3) Laudenslager, Greg M63 4) Marcus, Jono M58

## 2024 Pacific Masters Swimming LC Championship - 8/2/2024 to 8/4/2024

## Results

**(Men 240-279 200 LC Meter Freestyle Relay)**

2	Walnut Creek Mas-38	A	2:09.56
	1) Stegner, Jeff M59	2) O'Brien, Kerry M67	
	3) Kemler, David M66	4) Stahl, Stephen M59	
3	Davis Aquatic Ma-38	A	2:10.88
	1) Kahn, Stuart M71	2) Woodruff, David M68	
	3) Halsted, Lance M65	4) McAdam, Sam M59	
4	University of Sa-38	A	3:10.85
	1) Ewing, Jack M64	2) Barros, Alexandre M54	
	3) Young, Stephen M66	4) Murray, Ed M75	

**Men 240-279 400 LC Meter Freestyle Relay**

NATL: 3:59.86 N 8/11/2018 COLORADO MASTERS

M MANN, C PETERSEN, G SCOTT, K ANDERSON

WORLD: 3:59.86 W 8/11/2018 COLORADO MASTERS -USA

M MANN, C PETERSEN, G SCOTT, K ANDERSON

PAC: 4:01.34 P 12/31/2012 SMM

J Sweeney, R Brown, S Finch, T Reudy

1	Davis Aquatic Ma-38	A	5:02.04
	1) Krovetz, Ted M58	2) Rock, Christopher M65	
	3) McPherson, Andrew M77	4) Waterson, Kevin M45	
2	Rolling Hills Mu-38	A	6:07.51
	1) Cochrane, James M66	2) O'Brien, Brad M62	
	3) Suess, Robert M63	4) Thompson, Jerry M66	

**Men 240-279 800 LC Meter Freestyle Relay**

NATL: 8:56.62 N 8/12/2018 COLORADO MASTERS

M MANN, C PETERSEN, G SCOTT, K ANDERSON

WORLD: 8:56.62 W 8/12/2018 COLORADO MASTERS -USA

M MANN, C PETERSEN, G SCOTT, K ANDERSON

PAC: 9:09.92 P 7/24/2016 STAN

T Broderick, S Strong, J Kemp, D Phelan

1	University of Sa-38	A	11:23.81
	1) Smith, Curtice M60	2) Wagner, Chris M65	
	3) Coombs, Craig M64	4) Virtue, Paul M73	
2	Rolling Hills Mu-38	A	11:24.55
	1) Laudenslager, Greg M63	2) Erickson, Douglas M52	
	3) Marcus, Jono M58	4) Maritzen, Michael M68	

**Men 240-279 200 LC Meter Medley Relay**

NATL: 1:57.46 N 8/21/2016 SARASOTA Y SHARKS

S WOOD, J GROSELLE, T HEDRICK, D MARTIN

WORLD: 1:57.46 W 8/21/2016 SARASOTA Y SHARKS -USA

S WOOD, J GROSELLE, T HEDRICK, D MARTIN

PAC: 2:02.72 P 12/31/2012 TAM

Richard Burns, Kenneth Frost, Greg Tull, Tate Holt

1	Rolling Hills Mu-38	A	2:27.50
	1) Van Boer, Eric M70	2) Laudenslager, Greg M63	
	3) Erickson, Douglas M52	4) Marcus, Jono M58	

**Men 240-279 400 LC Meter Medley Relay**

NATL: 4:32.15 N 8/10/2018 COLORADO MASTERS

C PETERSEN, G SCOTT, M MANN, K ANDERSON

WORLD: 4:32.15 W 8/10/2018 COLORADO MASTERS -USA

C PETERSEN, G SCOTT, M MANN, K ANDERSON

PAC: 5:11.83 P 8/8/2015 DAM

D S Vidmar, John B Thayer, Mark E Evans, Ted

1	Walnut Creek Mas-38	A	5:27.23
	1) Kemler, David M66	2) Carter, Paul M56	
	3) Stegner, Jeff M59	4) Stahl, Stephen M59	
2	Rolling Hills Mu-38	A	5:45.59
	1) Van Boer, Eric M70	2) Laudenslager, Greg M63	
	3) Erickson, Douglas M52	4) Marcus, Jono M58	
3	University of Sa-38	A	9:06.67
	1) Young, Stephen M66	2) Murray, Ed M75	
	3) Ewing, Jack M64	4) Barros, Alexandre M54	

**Men 280-319 200 LC Meter Freestyle Relay**

NATL: 1:53.43 N 8/5/2023 SWIM FORT LAUDERDALE

A STEYNBERG, H KERNS, T SHEAD, B WILLIAMS

WORLD: 1:53.43 W 8/5/2023 SWIM FORT LAUDERDALE -U

A STEYNBERG, H KERNS, T SHEAD, B WILLIAMS

PAC: 2:03.61 P 8/11/2019 TAM

R Burns, R Meyerhoff, M Sherrill, J Foote

1	Rolling Hills Mu-38	A	2:49.51
	1) Suess, Robert M63	2) Cochrane, James M66	
	3) Thompson, Jerry M66	4) Pierce, Donald M79	

**Men 280-319 800 LC Meter Freestyle Relay**

NATL: 10:05.76 N 6/9/2024 SARASOTA SHARKS

A PEREZ, L DAY, L CHILDS, R WALKER

WORLD: 10:15.72 W 6/6/2021 SARASOTA SHARKS MASTERS -

Jack GROSELLE, Jack MARTIN, Bob COUCH, Rick WALKER

PAC: 12:22.64 P 12/31/1994 SMMM

Ray Taft, Fred Taioli, Moran, Steuart

1	Davis Aquatic Ma-38	A	11:36.01P
	1) Deacon, Ted M75	2) Woodruff, David M68	
	3) Henderson, William M68	4) Kahn, Stuart M71	
2	Marcia's Enthusi-38	A	13:24.14
	1) Benjamin, David M75	2) Wu, Long M59	
	3) Winterrowd, Dan M74	4) Small, Stephen M72	

**Mixed 100-119 200 LC Meter Freestyle Relay**

NATL: 1:41.71 N 8/5/2022 CLUB TRIBE

L BUREAU, M HEALEY, A KENNA, G MIZERAK

WORLD: 1:38.55 W 6/24/2023 SWIM-EASY SPB -RUS

A FEDOROV, A PRIBYTOK, D USTINOVA, S CHIMROVA

PAC: 1:43.11 P 7/11/2010 TOC

F O'Donnell-McCar, T T Holsman, E P Reilly,

1	University of Sa-38	A	1:48.21
	1) Kubick, Dylan M29	2) Christensen, Jon M34	
	3) Orbach-Mandel, Natalia W25	4) Orbach-Mandel, Hannah W27	
2	University of Sa-38	B	1:57.46
	1) Doi, Stephanie W30	2) Blankley, Stephanie W26	
	3) Ho, Marcus M31	4) Lopez, Samuel M24	

## 2024 Pacific Masters Swimming LC Championship - 8/2/2024 to 8/4/2024

## Results

**Mixed 100-119 400 LC Meter Freestyle Relay**

NATL: 3:54.81 N 7/25/2009 SOUTHERN CAL AQUATIC MAST

N JANOS, J CORCORAN, A YEARWOOD, E TOLMACHOFF

WORLD: 3:48.68 W 6/20/2014 W98 HANNOVER -GER

T GRABOWSKI, C DAHLE, A MARX, N WINTER

PAC: 3:50.59 P 7/23/2016 MEMO

T Gregory, R Ward, P Yamauchi, C Breed

- |   |                            |                   |         |
|---|----------------------------|-------------------|---------|
| 1 | University of Sa-38        | A                 | 4:40.14 |
|   | 1) McCarthy, Alexandra W32 | 2) Kos, Ian M30   |         |
|   | 3) Enright, Jackson M25    | 4) Ming, Anna W30 |         |

**Mixed 100-119 200 LC Meter Medley Relay**

NATL: 1:53.91 N 8/6/2022 CLUB TRIBE

A KENNA, L BUREAU, G MIZERAK, M HEALEY

WORLD: 1:47.29 W 6/25/2023 SWIM-EASY SPB -RUS

A ZOTOV, G IVASHINENKO, S CHIMROVA, D USTINOVA

PAC: 1:55.34 P 12/31/2011 TOC

F O'Donnell-McCar, J W Dorr, E P Reilly, S G

- |   |                            |                   |         |
|---|----------------------------|-------------------|---------|
| 1 | University of Sa-38        | A                 | 2:29.74 |
|   | 1) McCarthy, Alexandra W32 | 2) Kos, Ian M30   |         |
|   | 3) Enright, Jackson M25    | 4) Ming, Anna W30 |         |

**Mixed 120-159 200 LC Meter Freestyle Relay**

NATL: 1:42.65 N 8/23/1998 GOLD COAST MASTERS

T PACE, T MOLL, J HERRINGTON, K WIENANTS

WORLD: 1:40.14 W 8/14/2015 TSUNAMI -RUS

A SATANOVSKIY, I SHLEMOVA, S KNYAGININA, A KRYLOV

PAC: 1:43.44 P 12/31/2008 TOC

T Holsman, S Guzman, L Welting, S Greenwood

- |     |                          |                           |         |
|-----|--------------------------|---------------------------|---------|
| 2   | Marcia's Enthusi-38      | A                         | 2:07.36 |
|     | 1) Bentley, Orin M47     | 2) Song, Jimmy M41        |         |
|     | 3) Woo, Emily W29        | 4) Teng, Cathy W24        |         |
| 3   | University of Sa-38      | A                         | 2:12.30 |
|     | 1) Leber, Nathan M32     | 2) Oehler, Stephanie W32  |         |
|     | 3) Ferroggiaro, Alex W33 | 4) Kapustin, Yevgeniy M38 |         |
| --- | Swim Fremont Gle-38      | A                         | DQ      |
|     | 1) Sue, Jennifer W35     | 2) Xia, Alan M32          |         |
|     | 3) Devargas, Jaime M32   | 4) Scott, Emily W44       |         |

**Mixed 120-159 400 LC Meter Freestyle Relay**

NATL: 3:56.36 N 3/5/2011 MOVY MASTERS

T STEWART, C FUCHS, J STOVER, A DIERS

WORLD: 3:49.88 W 10/7/2021 POTIGUAR MASTERS -BRA

J SANCHES, R TRIVINO, J SANTORO NAKAGAKI, K REGINA

PAC: 3:58.19 P 12/31/2009 TOC

K Lyons, M Gill, P Carter, S Greenwood

- |   |                           |                            |         |
|---|---------------------------|----------------------------|---------|
| 1 | Davis Aquatic Ma-38       | A                          | 4:26.04 |
|   | 1) Nehrebecki, Helene W44 | 2) Waterson, Alexander M19 |         |
|   | 3) Crow, Vivian W27       | 4) Shaffer, Luke M30       |         |
| 2 | Rolling Hills Mu-38       | A                          | 4:40.52 |
|   | 1) Kroetz, Brigitte W29   | 2) Marcus, Jono M58        |         |
|   | 3) Erickson, Douglas M52  | 4) O'Brien, Maeve W20      |         |
| 3 | Marcia's Enthusi-38       | A                          | 4:43.06 |
|   | 1) Lai, Kevin M36         | 2) Song, Jimmy M41         |         |
|   | 3) Woo, Emily W29         | 4) Teng, Cathy W24         |         |
| 4 | University of Sa-38       | A                          | 6:37.26 |
|   | 1) Ivan, David M32        | 2) Dede, Elif W38          |         |
|   | 3) Sayed, Elizabeth W45   | 4) Kapustin, Yevgeniy M38  |         |

**Mixed 120-159 800 LC Meter Freestyle Relay**

NATL: 8:41.82 N 3/9/2013 MOVY MASTERS

J STOVER, C PETERFISH, T STEWART, A DIERS

WORLD: 8:25.05 W 6/2/2023 TRAFFORD MET -GBR

P BARNARD, H BOOTH, V CUNNINGHAM, D MILLS

PAC: 9:16.50 P 12/31/1990 WCM

Paula Roemer, Barber, O'Brien, Wendy Ingraham

- |   |                           |                        |         |
|---|---------------------------|------------------------|---------|
| 1 | Davis Aquatic Ma-38       | A                      | 9:55.57 |
|   | 1) Nehrebecki, Helene W44 | 2) Zachan, Matthew M38 |         |
|   | 3) Crow, Vivian W27       | 4) Shaffer, Luke M30   |         |

**Mixed 120-159 200 LC Meter Medley Relay**

NATL: 1:50.77 N 7/8/2012 PHOENIX SWIM CLUB

N INADA, J COMMINGS, M HYMAN, J PONCE

WORLD: 1:49.61 W 5/28/2023 TSUNAMI -RUS

E IOGIN, A TISCHENKO, I SHELEMOVA, Y DROBYSHEVSAYA

PAC: 1:59.68 P 12/31/1997 WCM

Hartnett, Gary Patterson, Steve Stahl, Vidal

- |     |                         |                           |         |
|-----|-------------------------|---------------------------|---------|
| 1   | University of Sa-38     | A                         | 2:11.48 |
|     | 1) Alter, Anne W33      | 2) Christensen, Jon M34   |         |
|     | 3) Krovetz, Hannah W30  | 4) Barton, Andrew M31     |         |
| 2   | Marcia's Enthusi-38     | A                         | 2:23.21 |
|     | 1) McBride, Beth W34    | 2) Song, Jimmy M41        |         |
|     | 3) Teng, Cathy W24      | 4) Lai, Kevin M36         |         |
| --- | University of Sa-38     | B                         | DQ      |
|     | 1) Ivan, David M32      | 2) Dede, Elif W38         |         |
|     | 3) Sayed, Elizabeth W45 | 4) Kapustin, Yevgeniy M38 |         |

**Mixed 120-159 400 LC Meter Medley Relay**

NATL: 4:29.03 N 8/8/2009 FORT LAUDERDALE AQUATICS

C FERNANDEZ, K LEGASPI, L GALVAN-SARABIA, J MARTIN

WORLD: 4:14.85 W 9/17/2022 FRONTIER RC -JPN

S TAKESHITA, R KOBAYASHI, M ITO, I MIYANAGI

PAC: 4:40.74 P 12/31/1992 RINC

Ken Fattler, Baxter, Kirk Koslowski, Elsbach

- |     |                           |                            |         |
|-----|---------------------------|----------------------------|---------|
| 1   | Davis Aquatic Ma-38       | A                          | 5:01.26 |
|     | 1) Crow, Vivian W27       | 2) Waterson, Alexander M19 |         |
|     | 3) Nehrebecki, Helene W44 | 4) Shaffer, Luke M30       |         |
| 2   | Marcia's Enthusi-38       | A                          | 5:18.55 |
|     | 1) Rogers, Matt M54       | 2) Song, Jimmy M41         |         |
|     | 3) Teng, Cathy W24        | 4) Woo, Emily W29          |         |
| 3   | University of Sa-38       | A                          | 5:40.29 |
|     | 1) Leber, Nathan M32      | 2) Oehler, Stephanie W32   |         |
|     | 3) Ferroggiaro, Alex W33  | 4) Kapustin, Yevgeniy M38  |         |
| --- | Swim Fremont Gle-38       | A                          | DQ      |
|     | 1) Silva, Teresa W48      | 2) Scott, Emily W44        |         |
|     | 3) Grinich, Stephen M30   | 4) LaFontaine, Joseph M21  |         |

**Mixed 160-199 200 LC Meter Freestyle Relay**

NATL: 1:42.27 N 8/8/2006 TEAM TYR

J SMITH, R SAEGER, C SAPPEY, S HART

WORLD: 1:42.27 W 8/8/2006 TEAM TYR -USA

J SMITH, R SAEGER, C SAPPEY, S HART

PAC: 1:48.29 P 8/9/2013 TOC

M Meyer, L Welting, T Holsman, S Greenwood

- |    |                        |                          |         |
|----|------------------------|--------------------------|---------|
| *1 | Marin Aquatic Ma-38    | A                        | 2:01.00 |
|    | 1) Lee, Robin W43      | 2) Cruse, Nicholas M25   |         |
|    | 3) Pickard, Justin M50 | 4) Cairns, Christina W46 |         |

## 2024 Pacific Masters Swimming LC Championship - 8/2/2024 to 8/4/2024

## Results

**(Mixed 160-199 200 LC Meter Freestyle Relay)**

*1 Tvm Swimming-38	A	2:01.54
1) Radecke-Noble, Jennifer W40	2) Schempp, Kyle M35	
3) Parasyris, Konstantinos M35	4) LaBerge, Karin W60	
2 University of Sa-38	A	2:01.99
1) DiBartolomeo, Renae W34	2) Huang, Jessica W40	
3) Baristiran, Omer M45	4) Harrington, Matt M53	

**Mixed 160-199 400 LC Meter Freestyle Relay**

NATL: 3:57.18 N 8/6/2016 NORTH CAROLINA MASTERS

E BRAUN, S DALLAMURA, K LINDAUER, V FLETCHER

WORLD: 3:51.77 W 12/2/2022 CBH -PAR

V BALSANO, D DUQUE, B HOCKIN, A CARRILLO

PAC: 4:08.95 P 12/31/1995 TOC

B Strand, M Keck, M Meyer, D Ogier

1 Menlo Masters-38	A	4:28.25
1) Pyle, Mike M49	2) Bracco Comfort, Katie W48	
3) Couch, Stephanie W60	4) Leimkuhler, Kyle M37	
2 Marin Aquatic Ma-38	A	4:37.70
1) Cruse, Nicholas M25	2) De Somma, Margaret W56	
3) Cairns, Christina W46	4) Pickard, Justin M50	
3 University of Sa-38	A	6:46.80
1) Ferroggiaro, Alex W33	2) DiBartolomeo, Renae W34	
3) Murray, Ed M75	4) Young, Stephen M66	

**Mixed 160-199 800 LC Meter Freestyle Relay**

NATL: 8:50.20 N 8/15/2015 ROCKWELL AQUATIC MASTERS

S STONE, S CARPENTER, R ELDRIDGE, S CARROLL

WORLD: 8:43.94 W 11/11/2017 BP HONVED SE -HUN

M MAROSI, D CERVA, A SCHONEK, V KALAUS

PAC: 9:15.91 P 12/31/1995 TOC

M Keck, M Meyer, B Strand, D Ogier

1 Marcia's Enthusi-38	A	10:49.33
1) Wehmann, Todd M52	2) Shu, Vicki W56	
3) McBride, Beth W34	4) Song, Jimmy M41	
2 Walnut Creek Mas-38	A	11:28.89
1) Torres, Emmanuel M38	2) Darling, Colleen W50	
3) Taylor, Catherine W61	4) Wada, Ellison M45	

**Mixed 160-199 200 LC Meter Medley Relay**

NATL: 1:56.34 N 8/10/2019 NOVAQUATICS MASTERS

J NATALIZIO, S WEST, S BENNETT, C BERTELINK

WORLD: 1:53.25 W 6/6/2021 MAD WAVE -RUS

A POVALIY, V BRAGIN, A POLIAKOVA, V PREDKIN

PAC: 2:00.53 P 12/31/2004 TOC

J Schriger, S Corliss, L Welting, M MacKay

1 Marin Aquatic Ma-38	A	2:26.56
1) Pickard, Justin M50	2) Lepinski, Cokie W65	
3) Cruse, Nicholas M25	4) Silva, Rayle W28	
2 Marcia's Enthusi-38	A	2:53.91
1) Woo, Emily W29	2) Wu, Long M59	
3) Chien, Regina W38	4) Wan, Danny M61	
3 University of Sa-38	A	3:06.35
1) Young, Stephen M66	2) DiBartolomeo, Renae W34	
3) Ferroggiaro, Alex W33	4) Shalowitz, Jon M57	

**Mixed 160-199 400 LC Meter Medley Relay**

NATL: 4:23.00 N 6/11/2022 NORTH CAROLINA MASTERS

G HIGSON, C THOMAS, I HOLLAND, E BRAUN

WORLD: 4:15.64 W 6/18/2022 JSS FUKAI -JPN

K MORIHISA, Y SAKAI, T NAKANO, A OKI

PAC: 4:30.50 P 12/31/2006 STAN

Jody Smith, Becker, Preston, Kemp

1 University of Sa-38	A	5:09.44
1) DiBartolomeo, Renae W34	2) Huang, Jessica W40	
3) Baristiran, Omer M45	4) Harrington, Matt M53	
2 Tvm Swimming-38	A	5:25.97
1) LaBerge, Karin W60	2) Parasyris, Konstantinos M35	
3) Southern, Drake M24	4) Sitzmann, Amy W44	
3 Davis Aquatic Ma-38	A	5:29.51
1) Zachan, Matthew M38	2) Goldberg, Michelle W56	
3) Belluomini, Melanie W47	4) Winsor, Brad M53	

**Mixed 200-239 200 LC Meter Freestyle Relay**

NATL: 1:44.96 N 8/10/2006 COLORADO MASTERS

T HEDRICK, K CROUCH, K GARNIER, R ABRAHAMS

WORLD: 1:44.96 W 8/8/2006 COLORADO -USA

T HEDRICK, K CROUCH, K GARNIER, R ABRAHAMS

PAC: 1:48.33 P 12/31/2005 WCM

S Heim-Bowen, L Crittenden, J DeLacy, D Boatwright

1 Sacramento Maste-38	A	2:19.18
1) Knight-Williams, Valerie W61	2) Lange, Austin M37	
3) Guthrie, Sally W74	4) Barajas, Nick M58	
2 Davis Aquatic Ma-38	A	2:21.39
1) Waterson, Kevin M45	2) Crow, Joan W60	
3) Schwartz, Mark M66	4) Russell, Jane W61	
3 University of Sa-38	A	2:23.12
1) Bucy, John M46	2) Prichard, Amie W44	
3) Grisso, Mike M54	4) Ask, Julie W56	
4 Sebastopol Maste-38	A	2:29.46
1) Flecker, Donita W42	2) Hektner, Eric M66	
3) Lee, Jez W44	4) Keating, Kevin M61	
5 Walnut Creek Mas-38	A	2:38.76
1) Ward, Lisa W60	2) Larsen, Amy W25	
3) Mayo, Robert W M91	4) Wada, Ellison M45	

**Mixed 200-239 400 LC Meter Freestyle Relay**

NATL: 4:02.62 N 6/20/2015 ILLINOIS MASTERS

D SIMS, A BLOCK, L DILLMANN, J TUCHLER

WORLD: 3:57.74 W 5/7/2023 POWERPOINTS -AUS

J BUCKNELL, L MCDOWELL, G O'MARA, M THOMPSON

PAC: 4:25.37 P 12/31/2009 WCM

M Curran, C O'Brien, K O'Brien, L Druz

1 Walnut Creek Mas-38	A	4:09.69P
1) Grant, Andy M39	2) Zamanian, Alison W54	
3) Ward, Lisa W60	4) Flakoll, Jonathan M50	
2 Sacramento Maste-38	A	5:17.23
1) Knight-Williams, Valerie W61	2) Lange, Austin M37	
3) Guthrie, Sally W74	4) Barajas, Nick M58	
3 University of Sa-38	A	5:19.16
1) Davis, Taylor W48	2) Prichard, Amie W44	
3) Barros, Alexandre M54	4) Grisso, Mike M54	
4 Marcia's Enthusi-38	A	5:47.37
1) Wu, Long M59	2) Wan, Danny M61	
3) Voight, Tina W55	4) Chien, Regina W38	



## 2024 Pacific Masters Swimming LC Championship - 8/2/2024 to 8/4/2024

## Results

**Mixed 200-239 800 LC Meter Freestyle Relay**

NATL: 9:15.06 N 8/12/2018 CONEJO VALLEY MASTERS

**B CLEAVENGER, J GELLATLY, K KARREN, D KOEHLER**

WORLD: 8:55.03 W 3/3/2023 POWERPOINTS -AUS

**L MCDOWELL, M THOMPSON, G O'MARA, J BUCKNELL**

PAC: 9:34.66 P 7/14/2017 WCM

**S. Heim-Bowen, S. Keeler, D. Sway, B. Volpp**

1	Marcia's Enthusi-38	A	12:05.51
	1) Citron, Jeffrey M69	2) Voight, Tina W55	
	3) Johnson, Carliane W59	4) Lehnert, Ahren M51	

**Mixed 200-239 200 LC Meter Medley Relay**

NATL: 1:57.86 N 8/5/2023 NORTH CAROLINA MASTERS

**J MIHALIK, D DUNSON, M ANDERSEN, E BRAUN**

WORLD: 1:57.86 W 8/5/2023 NORTH CAROLINA MASTERS -

**J MIHALK, D DUNSON, M ANDERSEN, E BRAUN**

PAC: 2:04.32 P 12/31/2009 WCM

**Lisa Ward, Gary Patterson, Sandi Easton, Bob Olson**

1	Menlo Masters-38	A	2:18.87
	1) Couch, Stephanie W60	2) Tom, Daniel M60	
	3) Bracco Comfort, Katie W48	4) Pyle, Mike M49	
2	Walnut Creek Mas-38	A	2:27.54
	1) Chao, Hector M60	2) Nootbaar, Tom M61	
	3) Darling, Colleen W50	4) Ward, Lisa W60	
3	Sacramento Maste-38	A	2:41.66
	1) Lange, Austin M37	2) Barajas, Nick M58	
	3) Carter, Monica W63	4) Guthrie, Sally W74	
4	University of Sa-38	A	2:45.93
	1) Davis, Taylor W48	2) Barros, Alexandre M54	
	3) Grisso, Mike M54	4) Prichard, Amie W44	
5	Marin Aquatic Ma-38	A	3:38.78
	1) Sampiere-Prochnow, Susie W61	2) Prochnow, Kevin M62	
	3) Pinkston, Crystal W39	4) Tajbaksh, Shervin M59	

**Mixed 200-239 400 LC Meter Medley Relay**

NATL: 4:30.56 N 8/20/2023 NORTH CAROLINA MASTERS

**W WEAVER, S TAYLOR, G SANCHEZ, E BRAUN**

WORLD: 4:30.56 W 8/20/2023 NORTH CAROLINA MASTERS -

**W WEAVER, S TAYLOR, G SANCHEZ, E BRAUN**

PAC: 4:51.55 P 12/31/1998 TAM

**R Burns, P Jonckheer, L Val, N Ridout**

1	University of Sa-38	A	5:47.68
	1) Bucy, John M46	2) Blankley, Stephanie W26	
	3) Greenberg, Nicole W25	4) Wagner, Chris M65	
2	Sebastopol Maste-38	A	6:16.34
	1) Flecker, Donita W42	2) Hektner, Eric M66	
	3) Keating, Kevin M61	4) Lee, Jez W44	
3	Rolling Hills Mu-38	A	6:35.85
	1) Cochran, James M66	2) Bachtiger, Jasmine W55	
	3) O'Brien, Maeve W20	4) O'Brien, Brad M62	
4	Rolling Hills Mu-38	B	7:07.45
	1) O'Hanlon, Christine W54	2) Thompson, Jerry M66	
	3) Kroetz, Brigitte W29	4) Pierce, Donald M79	

**Mixed 240-279 200 LC Meter Freestyle Relay**

NATL: 1:54.54 N 8/20/2016 SARASOTA Y SHARKS

**D MARTIN, J GROSELLE, N KRYKA, L KIRKPATRICK**

WORLD: 1:52.45 W 3/1/2024 CAPE TOWN MSC -RSA

**C MAUGHAN, C STANFORD, T SHEAD, P CADIZ**

PAC: 1:56.00 P 12/31/2011 TAM

**R Burns, L Val, B Wheeler, T Holt**

1	Rolling Hills Mu-38	A	2:27.15
	1) Maritzen, Michael M68	2) O'Brien, Brad M62	
	3) Bachtiger, Jasmine W55	4) Hepworth, Linda W71	
2	University of Sa-38	A	2:28.49
	1) Davis, Taylor W48	2) Williams, Syd M69	
	3) Kaiser, Amy W65	4) Smith, Curtice M60	
3	Marcia's Enthusi-38	A	2:28.90
	1) Shu, Vicki W56	2) Johnson, Carliane W59	
	3) Senz, Doug M72	4) Small, Stephen M72	
4	Menlo Masters-38	A	2:40.32
	1) Anderson, Bob M69	2) Singh, Jo W52	
	3) Gildea, David M81	4) Bracco Comfort, Katie W48	

**Mixed 240-279 400 LC Meter Freestyle Relay**

NATL: 4:22.80 N 7/9/2022 LONE STAR MASTERS

**R VAN DYKE, D GUTHRIE, S STONE, L MORRISON**

WORLD: 4:19.89 W 3/19/2015 CAPE TOWN MASTERS -RSA

**C MAUGHAN, S KRUGER, D COETZEE, T SHEAD**

PAC: 4:32.62 P 12/31/2011 TAM

**Laura Val, Judy A Eisenman, Tate Holt, Rich Burns**

1	Rolling Hills Mu-38	A	5:07.85
	1) Van Boer, Eric M70	2) Laudenslager, Greg M63	
	3) O'Hanlon, Christine W54	4) Bachtiger, Jasmine W55	
2	Marcia's Enthusi-38	A	5:26.27
	1) Small, Stephen M72	2) Citron, Jeffrey M69	
	3) Johnson, Carliane W59	4) Shu, Vicki W56	
3	University of Sa-38	A	5:45.31
	1) Ogilvie, Carol W69	2) Smith, Curtice M60	
	3) Cohn, Darcy W73	4) Langner, Mikael M56	
4	Albany Armada Aq-38	A	6:53.53
	1) Firmin, Rob M76	2) Carroll, Leah W63	
	3) Focha, Teresa W63	4) Durell, Robert M73	

**Mixed 240-279 200 LC Meter Medley Relay**

NATL: 2:08.11 N 8/20/2016 PUGET SOUND MASTERS

**L DAHL, R COLELLA, D GRAHAM, C DAVIS**

WORLD: 2:07.56 W 3/1/2024 CAPE TOWN MSC -RSA

**P CADIZ, T SHEAD, C STANFORD, C MAUGHAN**

PAC: 2:09.06 P 12/31/2009 TAM

**Rich Burns, Ken Frost, Laura Val, Barbara Wheeler**

1	Marcia's Enthusi-38	A	2:47.64
	1) Citron, Jeffrey M69	2) Small, Stephen M72	
	3) Shu, Vicki W56	4) Johnson, Carliane W59	
2	University of Sa-38	A	2:57.17
	1) Ogilvie, Carol W69	2) Smith, Curtice M60	
	3) Cohn, Darcy W73	4) Langner, Mikael M56	
3	Menlo Masters-38	A	2:57.55
	1) Rosales-Delmoral, Romer M51	2) Barnea, Daniela W80	
	3) Singh, Jo W52	4) Cocca, Christopher M59	
4	Rolling Hills Mu-38	A	2:59.69
	1) Hepworth, Linda W71	2) Thompson, Jerry M66	
	3) Bachtiger, Jasmine W55	4) O'Brien, Brad M62	

## 2024 Pacific Masters Swimming LC Championship - 8/2/2024 to 8/4/2024

## Results

**(Mixed 240-279 200 LC Meter Medley Relay)**

5 Tamalpais Aquati-38 A 3:12.35  
 1) Willard, Mimi W71 2) Geisler, Maynard M65  
 3) Meyerhoff, Rick M77 4) Coffee, Cassandra W63

**Mixed 240-279 400 LC Meter Medley Relay**

NATL: 4:44.76 N 7/9/2022 LONE STAR MASTERS

S STONE, D GUTHRIE, M CAMPBELL, L MORRISON

WORLD: 4:44.76 W 7/9/2022 LONE STAR MASTERS -USA

S STONE, D GUTHRIE, M CAMPBELL, L MORRISON

PAC: 4:51.95 P 12/31/2009 TAM

Rich Burns, Ken Frost, Laura Val, Barb Wheeler

1 Marcia's Enthusi-38 A 6:20.21  
 1) Small, Stephen M72 2) Wu, Long M59  
 3) Shu, Vicki W56 4) Johnson, Carlinae W59  
 2 Rolling Hills Mu-38 A 6:39.08  
 1) Hepworth, Linda W71 2) Suess, Robert M63  
 3) Murray, Tori W42 4) Maritzen, Michael M68  
 3 University of Sa-38 A 6:42.04  
 1) Ask, Julie W56 2) Grisso, Mike M54  
 3) Kaiser, Amy W65 4) Williams, Syd M69

**Mixed 280-319 200 LC Meter Freestyle Relay**

NATL: 2:01.22 N 1/19/2024 LONE STAR MASTERS

R NEVILLE, L MORRISON, J WOOLSLAYER, B WILLIAMS

WORLD: 2:01.22 W 1/19/2024 LONE STAR MASTERS -USA

R NEVILLE, L MORRISON, J WOOLSLAYER, B WILLIAMS

PAC: 2:05.58 P 8/20/2017 TAM

R Burns, Laura B Val, Nancy J Ridout, Tate H

1 Santa Rosa Maste-38 A 2:51.35  
 1) Beal, Laura W59 2) Stewart, Jim M83  
 3) Nowack, Susan W64 4) Rust, David M78

**Mixed 280-319 400 LC Meter Freestyle Relay**

NATL: 4:45.34 N 7/9/2023 SARASOTA SHARKS

R WALKER, K EINSIDLER, J GRAY, L CHILDS

WORLD: 4:45.34 W 7/9/2023 SARASOTA SHARKS -USA

R WALKER, K EINSIDLER, J GRAY, L CHILDS

PAC: 4:50.97 P 7/30/2022 TAM

L Val, R Burns, M Joyce, A Bernard

1 Rolling Hills Mu-38 A 7:12.16  
 1) Maritzen, Michael M68 2) Hepworth, Linda W71  
 3) Coholan, Annette W76 4) Pierce, Donald M79

**Mixed 280-319 800 LC Meter Freestyle Relay**

NATL: 10:37.37 N 7/29/2022 TAMALPAIS AQUATIC MASTERS

R BURNS, L VAL, M JOYCE, A BERNARD

WORLD: 10:37.37 W 7/29/2022 TAMALPAIS MASTERS -USA

R BURNS, L VAL, M JOYCE, A BERNARD

PAC: 10:37.37 P 7/29/2022 TAM

R Burns, L Val, M Joyce, A Bernard

1 Rolling Hills Mu-38 A 13:36.59  
 1) Van Boer, Eric M70 2) Suess, Robert M63  
 3) Coholan, Annette W76 4) Hepworth, Linda W71  
 2 Menlo Masters-38 A 14:38.87  
 1) Barnea, Daniela W80 2) Dutro, Cynthia W76  
 3) Crockett, Robert M76 4) Rosales-Delmoral, Romer M51

**Mixed 280-319 200 LC Meter Medley Relay**

NATL: 2:19.17 N 1/19/2024 LONE STAR MASTERS

J WOOLSLAYER, R NEVILLE, B WILLIAMS, L MORRISON

WORLD: 2:19.17 W 1/19/2024 LONE STAR MASTERS -USA

J WOOLSLAYER, R NEVILLE, B WILLIAMS, L MORRISON

PAC: 2:21.20 P 8/9/2015 TAM

L B Val, Kenneth A Frost, Richard Burns, Nan

1 Albany Armada Aq-38 A 3:32.39  
 1) Ewing, Nancy W77 2) Firmin, Rob M76  
 3) Carroll, Leah W63 4) Durell, Robert M73  
 2 Rolling Hills Mu-38 A 3:49.18  
 1) Pierce, Donald M79 2) Coholan, Annette W76  
 3) Suess, Robert M63 4) Tevis, Maggie W76

**Mixed 280-319 400 LC Meter Medley Relay**

NATL: 5:28.17 N 5/10/2015 TAMALPAIS AQUATIC MASTERS

R BURNS, K FROST, L VAL, N RIDOUT

WORLD: 5:28.17 W 5/10/2015 TAMALPAIS MASTERS -USA

R BURNS, K FROST, L VAL, N RIDOUT

PAC: 5:28.17 P 5/10/2015 TAM

R Burns, K Frost, L Val, N Ridout

1 Menlo Masters-38 A 6:25.03  
 1) Tom, Daniel M60 2) Barnea, Daniela W80  
 3) Couch, Stephanie W60 4) Gildea, David M81

**Mixed 320-359 400 LC Meter Freestyle Relay**

NATL: 6:07.33 N 8/26/2017 OREGON MASTERS

W LAMB, J WARD, J GETTLING, D RADCLIFF

WORLD: 6:07.33 W 8/26/2017 OREGON MASTERS -USA

W LAMB, J WARD, J GETTLING, D RADCLIFF

PAC: 7:40.34 P 12/31/1995 SMMM

Joe Kaufman, Zada Taft, Ray Taft, Audrey Etienne

1 University of Sa-38 A 9:18.27  
 1) Fleming, Jack M89 2) Wiscomb, Lance M79  
 3) Chaitkin, Lauren W80 4) Hagiwara, Tanako W86

**Mixed 320-359 200 LC Meter Medley Relay**

NATL: 3:05.67 N 8/25/2019 OREGON MASTERS

J WARD, R NAKATA, M TOPPEL, W LAMB

WORLD: 2:55.98 W 7/20/2014 BIG S YOKOHAMA -JPN

S YONEZAWA, T NAKAMARU, H MAKIMOTO, M KAMOSHITA

PAC: 3:57.45 P 12/31/1994 SMMM

J Kaufman, H Roumasset, R Taft, A Etienne

--- University of Sa-38 A DQ  
 1) Fleming, Jack M89 2) Wiscomb, Lance M79  
 3) Chaitkin, Lauren W80 4) Hagiwara, Tanako W86